FILIPINO FAMILY

COOKBOOK

EVA S. VILLANUEVA AND EUNICE B. POETHIG
Editors

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INTRODUCTION

The S. S. Wright is one of several married couples' clubs at Ellinwood-Malate Church, Malate, Manila. It is named after a missionary who devoted many years to serving that church. It is also named like a ship because its main goal is to help its members sail successfully through the sea of matrimony which is sometimes stormy, sometimes serene, always challenging.

Believing that one of the best ways of ensuring a safe, happy, and successful marriage is by having the family work, play, eat, and pray together, our members have undertaken varied activities that involve most, if not all, of the individuals in our families. For example, we have had our children act out the Easter story in our celebrations to bring home to them the meaning of Christ's death and resurrection. We have had groups studying ecology and pollution. We have gone camping for days or overnight in the mountains, on the beach, or even just on a member's spacious lawn. We have listened to lectures and participated in discussions on drugs, sex education, and other problems encountered in bringing up children.

Not the least of our interests has been a constant search for new and interesting ways of feeding our families with meals that taste yummy, are attractive in appearance, rich in value, and economically priced. Over the years, our club meetings have generally included potluck dinners, with each family bringing a special or favorite dish. Invariably, at these dinners, there would be one or two dishes that were most delicious, easy to prepare, fairly cheap, and very nutritious. Knowing that parents everywhere are interested in providing the best meals that they can afford for their families, we decided to share the results of our study and experience, at the same time, raising funds for our church.

In these days of continually rising prices and the population boom, we are confident that this cookbook will be a welcome help to harassed mothers wondering what to feed their ravenous or finicky youngsters, to newly married wives who are sometimes awed or baffled by complicated and confusing cookbooks, and all others who are interested in planning and preparing meals that are tempting, varied, balanced, tasty, and yet within the reach of their pocketbooks.

The Editors

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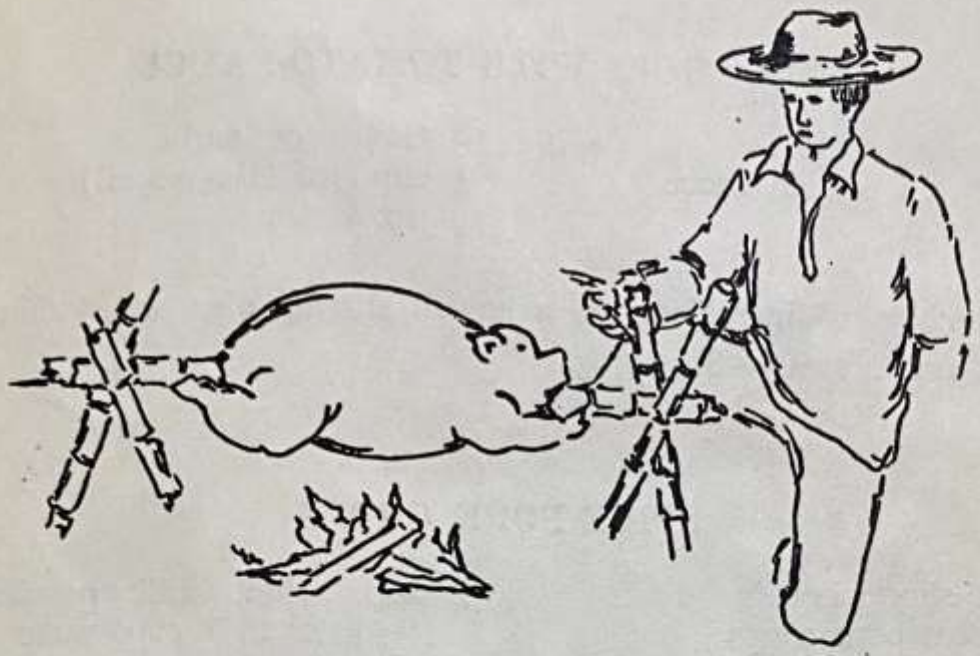


PORK DISHES

JAMBALAYA

1 lb. Italian sausage sliced thin
1½ cups chopped onions
8 scallions chopped
2 cups canned tomatoes
½ tsp. thyme
3 cups raw rice
2 tbsp. salad oil
½ cup diced celery
½ cup green pepper chopped
2 cloves garlic, crushed
2 bay leaves crushed
2 tsp. salt
2 cups diced cooked ham
2 tbsp. chopped parsley
4 cups water
1 cup shrimps (optional)

Saute the sausage in shortening with onions, celery, green pepper, scallions, and garlic until lightly browned. Add the tomatoes; season with bay leaves, salt, and thyme. Simmer 10-15 minutes. Add ham, shrimps and parsley, rice, and water. Cover tightly, and simmer over low heat for about half an hour until the liquid is absorbed and flavors are well blended. 12 servings.

PORK CHOPS WITH TOMATO SAUCE

1 kilo pork chops
1 8 oz. can tomato sauce
½ cup toyo
4 cloves of garlic
¼ cup lard (Baguio oil)
½ tsp. vetsin

Combine all ingredients in a kawali stirring once in a while until cooked and brown. 6-8 servings.

SPICY PORK CHOPS

3 tbsp. shortening
6-8 pieces pork chops
2 tsp. curry powder
1 tbsp. chopped green onions
½ cup chopped tomatoes
2 tbsp. whole milk powder dissolved in 2 cups water
1 tsp. salt to taste
¼ tsp. pepper
1 tsp. green onions for garnish

Heat shortening. Fry pork chops until brown. Remove pork chops. Pour off fat, leaving only enough to cover bottom of pan or around 3 tablespoonsful.

Cook curry powder for a minute, then add onions and tomatoes. Add pork chops, then dissolved powdered whole milk. Cover and cook until chops are tender. Season. Cook some more until sauce is almost gone. Garnish. 4 servings.

SPARERIBS HAWAIIAN

1 kilo lean spareribs
3 tbsp. flour
1 tsp. salt
3 tbsp. toyo
3 tbsp. salad oil
⅔ cup sugar
⅔ cup wine vinegar
½ cup water
½ cup pineapple juice
1 tsp. grated fresh ginger root (or ½ tsp. dry ginger)
1 cup fresh pineapple and papaya chunks
sesame seeds, parsley for garnish

Cut spareribs into 2-inch pieces. Mix flour, salt, and toyo together and coat ribs. Allow to stand 10 minutes. Heat oil in skillet and brown ribs on all sides. Drain off excess fat and add sugar, vinegar, water, juice, and ginger. Cover and simmer until meat is tender. Stir in fruit and simmer 5 minutes longer. Serve garnished with minced parsley and sesame seeds. 6 servings.

BAKED PORK CHOPS

1 kilo pork chops
1 can mushroom soup or Royco cream of mushroom soup made with only 2 cups of water
½ cup water
salt and vetsin

Fry pork chops until half cooked. Place in a pan and pour on soup and water, salt, and vetsin to taste. Bake until brown. 6-8 servings.

HUMBA

1 medium pig's leg (pata) cleaned and cut into 6 pcs.
6 slices pork (rib chops)
¼ cup mashed tahure
1 tsp. crushed garlic
½ tsp. peppercorn
1 stem oregano
2 pieces bay leaf (laurel)
½ cup vinegar
½ cup brown sugar
3 tbsp. toyo
1 cup water

Soak pata and pork in the above ingredients for 1 hour. Put the mixture in a kettle and bring to a boil. Then simmer for about 1½ hours until tender. Serve on a platter with gravy in which pata was cooked. 6 servings.

ROAST PORK IN THE OVEN

(Malaysian Style)

½ kilo lean pork (liempo)
1 tbsp. salt
3 tbsp. toyo
½ tsp. red coloring
4 tsp. sugar
3 tbsp. stock
4 tsp. honey

Cut the lean pork lengthwise in 3 pieces and add sugar, salt, honey, toyo, coloring and 3 tablespoonfuls of stock. Mix well together. Soak pork for ¾ of an hour, turning occasionally. Remove from bowl and place on rack in a roasting pan adding a few tablespoonfuls of water to the pan to prevent smoking.

Roast in moderate oven 350 degrees F. for about 1 hour and 15 minutes, turning occasionally. Slice pork and serve immediately, with pieces of cucumber. 4 servings.

PAKSIW NA LECHON

½ kilo lechon or roast pork
1 cup water
1 bay leaf
1 tsp. garlic
⅓ cup vinegar
1 tsp. toyo
10 pieces peppercorn
1 tsp. salt
2½ tbsp. brown sugar
1 cup lechon sauce

Mix all ingredients together except lechon sauce and simmer for half an hour over low heat. Add lechon sauce and simmer 10 minutes longer. 4-6 servings.

LECHON SAUCE

½ cup pork liver, sliced
1 cup water
2 tbsp. cooking fat
1 tsp. minced garlic
½ tbsp. chopped onions
1 tsp. kasubha, toasted
¼ cup bread crumbs
¼ cup vinegar
1 tsp. salt
⅛ cup brown sugar
½ tsp. black pepper

Roast pork liver for about 20 minutes. Pound or grind pork liver. Add water and strain. Saute garlic and onion. Add liver extract, bread crumbs, vinegar, salt, and sugar. Season with pepper, add kasubha and cook until thick for about 15 minutes.

ADOBO

1 kilo pork, cut in serving pieces
1 head garlic, pounded
4 tsp. salt
1 tbsp. lard or cooking oil
toyo to taste
1 bay leaf
½ cup vinegar
1 tsp. black pepper
2 cups water

Place pork in a saucepan. Add vinegar, garlic, pepper, salt (or toyo) and water. Cook slowly until the meat is tender and most of the broth has evaporated and only about ¼ cup remains. Drain, separate pieces of garlic from pork and fry garlic in lard until brown. Add pieces of pork and fry until brown. Add broth and add one bay leaf and let it simmer about 5 minutes. Serve hot. 6-8 servings.

(The Visayans add achuete soaked in ½ cup water and the colored water is added at the end.)

MENUDO

1 cup sliced pork
1½ cups water
1 tbsp. cooking fat
1 tsp. minced garlic
4 tbsp. chopped onions
½ cup chopped tomatoes
1 piece sliced chorizo
dash of pepper
⅓ cup sliced pork liver
1 cup broth
¼ cup liquid drained from peas
1 can peas
½ cup cubed potatoes
½ cup red sweet pepper cut into strips
2⅜ tsp. salt

Cook pork in 1½ cups water for 15 minutes. Extract fat from pork. Saute garlic, onions, tomatoes, pork, chorizo, and liver. Cook for 5 minutes. Add pork broth and liquid drained from peas. Bring to a boil and add potatoes and red pepper. Cook 12 minutes. Add peas and cook 3 minutes longer. Serve with salt and pepper. 6 servings.

PORK SAUSAGE

1 kilo ground pork
1½ tsp. salt
6 tbsp. sage
½ tsp. black pepper or lemon pepper seasoning

Mix well and freeze or store for 2-3 days in refrigerator. Use for pizza or lasagne or meat loaf.

To make sausage patties, form into patties. Place in frying pan. Add ¼ cup water. Cover. Cook for 5 minutes. Remove cover. Pour off water (do not pour down the sink as water contains fat). Brown sausage patties. Serve with rice or scrambled eggs.

BEAN CURD WITH GROUND PORK

2 cakes soft bean curd (¾ lb.)
¼ lb. ground or minced pork
3 tbsp. oil
1 clove garlic, cracked
1 tbsp. chopped leek
2 tbsp. toyo
1 tsp. sugar
2 tsp. cornstarch, mixed with ½ cup water or broth
1 tbsp. sesame oil

Cut bean curd into triangles or mixed geometric shapes. Heat oil and fry garlic and leek. Add meat. When meat changes color, add bean curd, toyo, and sugar. Cover with lid and cook for 10 minutes. Then add cornstarch mixture. Turn out into serving dish, sprinkle with sesame oil, and serve hot. 4 servings.

STEAMED EGGS WITH GROUND PORK

¼ kilo ground pork
2 eggs
1 tsp. salt
1 cup broth or water
1 tsp. sesame oil
1 tbsp. toyo
1 tsp. ginger juice (chop finely and squeeze or pound very well to extract juice).

Mix ground pork with toyo. Beat eggs. Add ginger juice, broth of meat with salt to taste, and meat. Mix well and place in a deep dish. Steam for 20 minues or until eggs are set. Sprinkle with 1 tsp. sesame oil and 1 tsp. toyo and serve hot. 4 servings.

SALTED EGGS WITH PORK

¼ kilo ground pork
1 stalk of leek, chopped
1 raw salted egg
vetsin
1 fresh egg
½ tsp. salt
1 tsp. toyo

Mix all the ingredients. Place in pyrex or metal pie pan. Steam for 15 minutes. Serve in the same pan. Serve as side dish.

BRAIN OMELET

1 cup brain, precooked and diced
1 tsp. salt
½ cup water
2 tbsp. cooking fat for sauteing
1 tsp. garlic, minced
2 tbsp. onions, sliced
¼ cup tomatoes, chopped
½ tsp. salt
a dash of pepper
3 eggs, lightly beaten
4 tbsp. fat for frying omelet
parsley for garnishing

Wash brain in cold water. Simmer for 15 minutes in water to which one teaspoon of salt has been added. Drop into cold water. Drain and remove membrane covering brain. Saute garlic, onions, tomatoes, and brain. Season with salt and pepper. Remove mixture from the pan and cool. Add beaten eggs. Divide egg mixture into 3 portions. Heat fat in a frying pan and cook one portion over low heat. When evenly browned, carefully turn omelet and cook other side. Cook the remaining portions following the above procedure. Place in a plate and garnish with parsley. 6 servings.

PORK A LA SUISSE

2 kilos boned pork shoulder
2 cloves garlic, crushed
1 tbsp. dry mustard
1 tsp. salt
½ tsp. pepper
½ lb. cheddar cheese, thinly sliced
¼ kilo cooked ham, thinly sliced
1 cup cooking wine
1 cup water
1 onion, sliced
¼ tsp. worcestershire sauce
1 cup sour cream

Have your butcher cut the pork into slices for rolling. Rub each slice thoroughly with a mixture of garlic, mustard, salt, and pepper. Put a slice of cheese and a slice of ham on each piece and roll the meat jelly-roll fashion. Tie securely. Place rolls in roasting pan together with wine, water, onion, and worcestershire sauce. Roast at 350F until meat is tender, at least an hour or so. Baste every 20 minutes with the drippings. When cooked, remove meat from pan. Make gravy by gently heating the sour cream in the roasting pan. Stir vigorously to mix with pan drippings; strain the gravy and serve alongside the meat, 8-10 servings.

PORK PARMESAN

½ kilo lean slices of pork roast
2 eggs beaten with ¼ tsp. salt and dash of pepper
¼ cup grated Parmesan cheese
½ cup margarine
1 cup dry breadcrumbs
1 8-oz. can tomato sauce
½ pkg. kesong puti

Dip cutlets in beaten eggs, then in mixture of Parmesan cheese and breadcrumbs. Fry in margarine until brown or about 8 minutes. Place cutlets in baking dish, pour tomato sauce over them and add slices of kesong puti. Bake in moderate oven for 10-15 minutes. 4 servings.

SWEET AND SOUR PORK

1 kilo pork, cut into strips
¼ cup cooking oil
½ cup brown sugar
2 tbsp. cornstarch
¼ cup vinegar
1 tbsp. toyo
½ tsp. salt
½ cup sliced celery
½ cup sliced onion
½ cup sliced carrots
¾ cup green and red pepper cut in strips
1 cup pineapple chunks
pineapple syrup from 1 No. 2 can of pineapple chunks

Brown pork in hot cooking oil. Drain off fat. Combine brown sugar, cornstarch, vinegar, toyo, salt, and pineapple syrup. Cook over low heat until thick, stirring constantly. Add vegetables, pork and pineapple, and cook 2-3 minutes more. Don't overcook the vegetables. 6 servings.

BEEF DISHES

STEAK DIANE

4 fillet steaks, 1 inch thick (tenderloin, sirloin)
2 cloves garlic, finely chopped
4 oz. butter
salt and freshly ground black pepper
4 tbsp. finely chopped parsley
worcestershire sauce

Remove all fat from steaks. Split each almost through and open out like butterfly wings. Place between 2 sheets of plastic and beat with a wooden mallet to ¼ inch thickness. Season with salt and pepper.

Mix garlic and parsley. If cooking steaks individually divide butter and garlic-parsley mixture into 4 portions. Heat half of one portion of butter in pan, and when sizzling, drop in steak. Move quickly to prevent sticking. Saute quickly 1 minute, turn steak over. Sprinkle with half of one of the parsley portions. Cook 1 minute, turn and sprinkle with remaining parsley mixture and a dash of worcestershire sauce. Add remaining butter to pan. Serve steak immediately and pour the sizzling juices in pan over it. Repeat with other steaks. Serve with creamy mashed potatoes and tossed green salad.

NOTE: Scotch fillet (a cut of beef from the rib section of the forequarter of beef) is a substitute for the more expensive fillet steak.

BARBEQUE POT ROAST

1½ kilos beef pot roast
1 can (8 oz.) tomato sauce
2 cloves garlic, chopped fine
¼ cup lemon juice (4 kalamansi)
2 tbsp. salt
¼ tbsp. pepper
3 tbsp. fat (oil)
½ cup water

3 onions sliced
½ tsp. dry mustard
1 tbsp. worcestershire sauce
2 tbsp. brown sugar
¼ cup vinegar
¼ cup catsup

Rub meat with salt and pepper. Brown in fat. Add water, tomato sauce, onions, garlic, and other seasonings. Cover. Simmer over low heat 1½ hours (or until almost tender). Cover and continue cooking almost one hour.

If you want more sauce, you can double all ingredients except meat. It's also good to make this ahead of time and warm when serving. The flavor becomes richer that way. 8-10 servings.

PEPPER STEAK

½ kilo beef chuck, cut in very thin strips
¼ cup cooking (salad) oil
1 clove garlic, minced
1 tbsp. toyo
1 tsp. salt
¼ cup water
1 cup green peppers cut in 1" pieces
2 tomatoes, cut in eighths
1 cup water
1 tbsp. cornstarch
½ cup chopped celery
1 cup chopped onions

Brown beef in hot oil; add garlic and cook until yellow. Add toyo, salt, and ¼ cup water; cook until tender. Add vegetables except tomatoes, cook 10 minutes. Stir in corn starch blended with 1 cup water; add tomatoes and cook 5 minutes. Serve over hot fluffy rice. 4 servings.

CHARCOAL-BROILED KOREAN BEEF

½ kilo thin-sliced sirloin
1 tbsp. oil (½ sesame oil, ½ corn oil)
2 tbsp. toyo
1 garlic bud, chopped
1 tbsp. white sugar
1 tbsp. brown sugar
1 green onion, chopped (include top)
dash of black pepper
2 tbsp. sesame seeds, which have been browned in a heavy skillet then pounded with 1 tsp. salt

Mix sugars, oil, then add toyo, pepper, onion, garlic, and sesame seeds. Add enough water to make a fairly thin consistency. Add meat and mix thoroughly. Meat should be just covered with marinade. Marinate at least 15 minutes — can be left overnight in the refrigerator. Stir occasionally. Drain off marinade and fry in a heavy skillet on stove or over charcoal. Serve on buns or with rice. 4 servings.

BEEF STEAK WITH ONIONS

½ kilo sirloin steak
kalamansi
pepper
butter
3 onions, sliced in rings
toyo
salt

Marinate steak with toyo and calamansi. Heat butter. When sizzling, drop in steak. Saute quickly and turn over. Repeat until all pieces are done. Season. Fry sliced onions till tender and pour remaining butter and onions over steak. Serve hot. 4-6 servings.

BEEF ROLLS FRANCISCO

¼ cup cottage cheese
1 egg
½ tsp. sweet basil, crumbled
1 clove garlic
⅛ tsp. mace or nutmeg
½ kilo minute steak or round steak sliced ⅛" thick
3 tbsp. bread crumbs
2 tbsp. minced parsley
⅓ cup small cubes of cheese
salt, pepper, flour
salad oil
1 1-lb. can of tomatoes or tomato sauce

Blend cottage cheese, bread crumbs, egg, parsley, basil, salt, and nutmeg; stir in cheese cubes. Spoon across center of steaks; roll and fasten with picks. Dredge rolls with seasoned flour. Heat oil with garlic in frying pan; add steak rolls; brown quickly. Remove garlic. Add tomatoes (or tomato sauce); cover. Simmer until tender. 4-6 servings.

GERMAN BEEF ROLLS
(Roulaten)

½ kilo round steak
4 slices bacon
pepper
tenderizer
paprika
2 small onions
salt
celery salt
2 tbsp. flour
¼ cup water

Cut steak into palm-size pieces, ⅛ inch thick. Fry onions and bacon. Sprinkle each piece of meat with salt, pepper, tenderizer, celery salt and chopped cooked onions and chopped bacon. Roll up, and fasten with toothpicks. Sprinkle with paprika. Brown well in hot fat in pot. Add hot water. Simmer from 1 to 2 hours. When finished remove meat from pan and make gravy mixing 2 tbsp. of flour in ¼ cup cold water. Add slowly to liquid left in pan. Bring to boil. If gravy is not thick enough, add more flour-water mixture and bring to a boil again. 6 servings.

MEAT LOAF NO. 1

1 kilo ground beef
¾ cup oatmeal (rolled oats)
1 cup tomato juice
2 eggs, beaten
¼ cup chopped onions
1½ tsp. salt
¼ tsp. pepper

Combine all ingredients thoroughly. Pack firmly into an ungreased 8½ x 4½ inch loaf pan. Bake 1 hour at 350 degrees. For extra flavor, a slice or two of bacon can be laid over the top before baking. 12 servings.

MEAT LOAF NO. 2

1 kilo hamburger
¼ kilo ground pork
¼ cup green pepper, chopped
¼ cup red pepper, chopped
½ tsp. salt
1 tsp. vetsin
¼ cup very young celery, chopped (optional)
1 cup bread crumbs
1 cup milk
2 eggs
1 medium onion, chopped
½ tsp. lemon-pepper seasoning
½ tsp. oregano
½ tsp. thyme

Mix thoroughly. Form into two loaves. Bake ½ hour and brush top with butter. Bake ½ hour more until done. 350 degrees. Serve hot. 12 servings.

Also delicious sliced when cool and served with salad or used in sandwiches.

TOPSY-TURVY LOAF

1 cup macaroni
2 tbsp. chopped onions
¼ cup and 2 tbsp. tomato sauce
⅛ tsp. pepper
1¼ cup evaporated milk diluted
2 tbsp. margarine
½ kilo hamburger
2 cubes beef bouillon
2 eggs
1 cup grated cheese

Cook macaroni in boiling, salted water; drain. Fry onions in margarine, add hamburger, tomato sauce, pepper, beef bouillon and cook until brown. Place in the bottom of a well-greased loaf tin. Beat eggs slightly, add milk and cheese. Pack macaroni on top of meat, pour over egg-milk-cheese mixture. Cover with foil; bake in a moderate over 1 hour. Turn out on to a large plate; garnish with wedges of hard-cooked eggs, tomatoes, and parsley. 6 servings.

HAMBURGER STROGANOFF

½ kilo hamburger
1 onion
2 cloves garlic
½ cup sliced mushrooms
salt and pepper
1 cup sour cream

Brown mushrooms in a little butter. Remove. Brown onion and garlic. Push to side of pan. Brown hamburger. Add mushrooms. Season with salt and pepper. Mix sour cream in just before serving. Heat but do not boil. 6 servings.

STROGANOFF DE LUXE

½ kilo fillet of beef or round steak
½ cup sliced mushrooms
salt, pepper, and nutmeg
2 cups broth (if you use round steak)
3 tbsp. butter
1 small onion
½ tsp. basil (optional)
½ cup sour cream

Cut meat in ½ inch slices. Pound with mallet or edge of a plate until thin. Cut in strips. Melt 1 tbsp. butter. Saute onion for 2 minutes. Remove. Fry beef quickly — 5 minutes. If you use round steak add broth and cook 1½ hours.

Remove and add to onion. Add 2 tbsp. butter to pan and saute mushrooms. Add beef, onions, and seasoning. Add sour cream. Heat but do not boil. Serve with rice or noodles. 6 servings.

ALMONDIGAS CHILEÑA
(Soup)

1 tsp. uncooked rice
¼ cup green beans, sliced thin
strips of red pepper (pimiento)
1 potato, cut into 4 pieces
¼ grated carrot
much oregano
3 small pieces squash

Saute the above ingredients in a little salad oil. Add 2-3 cups boiling water, salt, and pepper to taste. Simmer until vegetables, rice are half-cooked.

(Meat Balls)

1 cup ground beef and pork
1 tbsp. cornstarch if necessary to hold them together
minced green onions
1 egg
salt, pepper
vetsin

Mix all the ingredients and form into balls. Drop meat balls into the boiling broth and vegetables. Continue to simmer until the meat balls are cooked. 4-6 servings.

FRIED BEEF LIVER

¼ kilo beef liver, cut into bite-size pieces
1 tsp. ginger juice
1 tsp. salt
1 tsp. red wine (Chinese wine)
1 tbsp. toyo
4 tbsp. flour
oil for deep-frying

Soak liver in mixture of seasonings. Coat with flour and deep-fry to light brown. Serve hot. 4 servings.

MORCON

1 kilo whole beef, sliced ¼ inch thick
2 hard-boiled eggs
3 pickles
2 onions, sliced
2 slices pork fat
kalamansi juice
1 cup California seedless raisins
1 can liver spread
4 pieces sausage
1 8-oz. can tomato sauce
toyo

Marinate sliced beef in toyo and kalamansi juice for 1 hour. Spread beef on a board and apply liver spread. Arrange pickles, sausages, eggs, and pork fat. Sprinkle raisins all over.

Roll beef carefully and tie to hold mixture. Boil in 2 cups of water with sliced onions and tomato sauce until tender. Slice crosswise when serving. 12 sevings.

MEAT CURRY

1½ lbs. (about 800 gms.) chuck or blood steak
2 tsp. butter
1 tbsp. curry powder
½ cup coconut milk, pure
salt to taste
1 large onion, chopped
½ cup water or stock
1 tsp. vinegar
1 inch ginger
2 tsp. cinnamon

Cut meat into 1 inch cubes. Heat butter in a saucepan. Brown beef on all sides. Set aside. In pan fry garlic and onion. Stir in curry powder until mixture is well browned.

Return beef to pan. Add water, vinegar, ginger, and cinnamon and simmer until meat is tender. Lastly add coconut milk and continue cooking until soup thickens. Meat balls may be used too. 8-10 servings.

KALDERETA

¼ kilo beef liver, sliced and broiled
1 tsp. crushed garlic
½ tbsp. crushed peppercorns
5 tbsp. cooking fat
2 tbsp. sliced onions
2 bay leaves
2½ tsp. salt
2 pieces crushed siling labuyo
½ kilo beef, cut into cubes
1 cup vinegar
½ tsp. salt
1 tsp. crushed garlic
⅓ cup white wine
5 cups water
½ cup red pepper, cut into strips
½ cup canned peas

Marinate beef in a mixture of vinegar, garlic, peppercorns, and salt for 2 hours. Drain the liquid and brown beef in hot cooking oil. Saute garlic and onions in the remaining fat. Add wine and bay leaves. Cover and cook 5 minutes then add 3 cups water. Bring to a boil. Simmer until tender. Meanwhile, pound liver into a paste. Add 2 cups hot water. Strain liver mixture into the beef. Bring to a boil, and add salt and pepper. Cook 5 minutes. Mix in peas and crushed siling labuyo. Serve hot. 6 servings.

BEEF STEW

1 kilo beef
6 tbsp. drippings
4 tbsp. chopped onions (or 4 whole onions)
flour for dredging
6 cups hot water
3 cups diced carrots
5 cups potatoes cut in large pieces
salt and vetsin to taste

Wipe beef, cut in about 2 inches cubes, dredge with flour and brown in drippings. Add water to the meat and simmer 45 minutes or until the meat is very tender before adding vegetables. Cook for 30 minutes. 12 servings.

BAKED LIVER WITH VEGETABLES

½ kilo beef liver
1 tsp. salt
3 slices bacon
6 small onions
1 small can mushrooms
2 cups tomatoes
6 small potatoes

Put liver into a baking dish, arrange potatoes and onions around the liver, add the salt. Cover with chopped mushrooms, bacon, and tomatoes. Bake at 200 degrees F. for 1 hour. Serve on a platter with the onions and potatoes placed around the mold of liver. 6-8 servings.

LAMB DISHES

MARINATED LAMB CHOPS WITH SOUR CREAM

¼ cup lemon juice
½ tsp. each of salt, celery salt, dill weed, and horseradish
¼ tsp. pepper
lemon wedges
¼ cup salad oil
4 shoulder lamb chops, ¾-1 inch thick
4 tbsp. sour cream
parsley for garnish

Blend lemon juice, oil, and seasoning. Pour over chops in shallow dish. Cover and marinate overnight, turning chops once or twice. Broil chops 3 to 4 inches from source of heat for about 6 to 8 minutes per side or until desired doneness. Top each with a dollop of sour cream. Broil for ½ minute longer. Garnish, if desired, with lemon wedges and parsley. Makes 4 servings.

LAMB CHOPS

1 kilo lamb chops
butter
4 kalamansi
toyo and salt

Marinate the lamb chops in kalamansi and toyo for an hour and then fry in butter. Season with a little salt. 6-8 servings.

SAVORY LAMB KABOBS

½ kilo stewing lamb, bones removed
1 tsp. black pepper, ground
¼ cup toyo
1 head garlic, crushed
¼ cup brown sugar
¼ cup mayonnaise

Prepare marinade by combining garlic, pepper, mayonnaise, brown sugar, and toyo together. Marinate lamb pieces in mixture overnight in the refrigerator.

Skewer lamb pieces on sticks. Broil or roast over charcoal. Serve with hot rice, sauce (from boiled, then strained marinade), hard-cooked eggs, and desired vegetables. 4 servings.

AUSTRALIAN LAMB STEW

1 kilo shoulder of lamb, boned
2 tbsp. drippings or oil
4 tbsp. browned flour
2 cups beef stock, or water and beef stock cube
1 clove garlic, crushed
½ kilo onions, chopped
½ kilo carrots, chopped
1 tbsp. tomato paste
chopped parsley
salt and pepper

Cut meat into 1-inch cubes and fry in drippings until brown on all sides. Add onions and carrots and fry until onion is soft. Stir in browned flour, cook for a few minutes over a low heat. Add tomato paste and stock and bring to a boil, stirring continuously. Add garlic and salt and pepper to taste. Cover and simmer over a low heat for 1-1½ hours or until meat is tender. Serve sprinkled with parsley.

To brown flour: spread a quantity of plain flour on a baking tray in a moderately hot over (375-400°F) until lightly brown. Remove, break up with rolling pin and sieve. Do not force small lumps through as they will cause lumps in the sauce. Use as required to thicken and color sauces. It gives a slight nuttiness to the flavor. 10-12 servings.

CHICKEN DISHES

CHICKEN KASUY

1 fryer, cut into serving pieces
1 tsp. salt
3 tbsp. cornstarch
1 egg. beaten
1 cup kasuy nuts
2 cloves garlic, minced
1 cup bamboo shoots, sliced thin (fresh or canned)
3 tbsp. cherry juice (optional)
2 tsp. sugar
2 tbsp. toyo
⅓ cup salad oil
½ inch fresh ginger
¾ cup boiling water
1 tsp. vetsin

Cook the fresh bamboo shoots in water until tender — about 10 minutes. Put chicken in a bowl and add salt, sugar, cherry juice, and toyo. Marinate for 15 minutes. Remove from marinade. Sprinkle cornstarch over chicken, coating it well. Dip each piece in the egg. Heat oil in skillet and brown kasuy. Remove kasuy and set aside. To remaining oil, add ginger and garlic. Fry chicken until brown. Add boiling water, vetsin, and marinade. Cover and cook over low heat until chicken is tender. Add bamboo shoots and kasuy. Cook over medium heat 5 minutes. Serve with steamed rice. 6-8 servings.

BARBECUED CHICKEN WITH SOYA MARINADE

1 chicken, cut in halves or quarters
1 onion, grated
1 tbsp. grated ginger
1 cup toyo
1 tbsp. dry mustard
½ tsp. sugar
¼ tsp. vetsin

Mix mustard with enough water to make a paste; add mustard, sugar, grated onion, ginger, and vetsin to the toyo. Let it stand overnight for best results.

Soak chicken cut in halves or quarters in marinade. Broil 12-15 minutes cut side up; turn and continue cooking for another 12-15 minutes until skin is brown and crisp, brushing with marinade as chicken cooks. Serve immediately. 4-6 servings.

FRIED CHICKEN

1 chicken, cut in pieces
1 cup flour
1 tsp. salt
kalamansi
salt
½ tsp. vetsin
½ tsp. oregano
½ tsp. black pepper
½ tsp. thyme
½ tsp. lemon-pepper seasoning

Rub chicken with salt and kalamansi. Let stand for 1 hour. Mix the rest of the ingredients and put in a paper bag. Dip each piece in the bag with the flour mixture and shake. Remove from bag and fry immediately in deep corn oil. Be sure oil is very hot. Cook ten minutes on one side, then turn and cook ten minutes on the other side. Chicken should be golden brown. 4-6 servings.

CHICKEN AND PEANUTS

1 chicken breast, cut into strips
1 leek, cut up
1 inch cube ginger
2 tsp. cornstarch
1 tbsp. molasses
4 scallions—peel, mince white part, slice green part to 1-inch pieces
1 tbsp. oil
1 clove garlic
3 tbsp. toyo
2 tbsp. water
¼ tsp. cayenne
½ cup shelled peanuts

Heat oil. Fry chicken strips and remove from pan. Add more oil. Quick fry scallions, leek, garlic, ginger. Mix toyo, cornstarch, water, molasses, and cayenne. Add to pan, then add chicken and peanuts. Stir gently. Heat for 1 minute until flavors mix. Serve with rice. 4 servings.

CHICKEN ADOBO

1 chicken cut into serving portions
1 cup vinegar
2 tbsp. toyo
1 bay leaf
5 cloves garlic, crushed
2 tbsp. salt
10 pieces peppercorn
5 tbsp. lard

Stew chicken in mixture of vinegar, crushed garlic, salt, peppercorn, and bay leaf. When tender remove liquid and brown chicken in lard. Return some of the liquid to fried chicken and cook over moderate heat until sauce is thick. 4 servings.

CHICKEN WITH GREEN PEPPER

1 kilo chicken, cut up
2 green peppers
6 medium tomatoes
½ tsp. chopped garlic
salt
freshly ground black pepper
3 tbsp. oil
1 tbsp. chopped onions
pinch of dried rosemary

Skin peppers by spearing them one at a time on a long kitchen fork and turning over gas flame, or placing under the grill 3" from the heat, turning them until they blister and lightly blacken. Peel off the loose skin; quarter and seed peppers, remove white pith, and cut into ¼" strips. Scald tomatoes in a large pot of briskly boiling water for 10 seconds, lift them out with perforated spoon and plunge into cold water. Cut out stem and peel off skin; quarter tomatoes and cut away pulp and seeds. Slice into ¼ x 2½ strips and drain on paper towel. Wash chicken and pat dry. Sprinkle with salt and few grindings of pepper.

Heat oil in large heavy pan and brown chicken over moderate heat, a few pieces at a time and when brown, remove to a dish. Pour off almost all the fat from the pan, leaving just a thin firm at the bottom. Add onions and garlic, cook over moderate heat, stirring constantly for about 3 minutes until soft and lightly brown. Toss in pepper and rosemary and stir for a minute or two. Add tomatoes and cook over moderate heat, stirring constantly, for 2 minutes. Return chicken pieces to the pan and spread vegetables over and around them. Cover pan tightly and simmer over low heat, basting every 10 minutes or so with the pan juices that the vegetables and chicken give off. The chicken should be done in about 30 minutes. To serve, arrange chicken on heated serving dish. Remove vegetables from the pan using perforated spoon, let drain and spread over the chicken. Boil the remaining liquid in the pan over high heat for 2-3 minutes, stirring frequently, until thick and syrupy. Taste for seasoning and pour it over the chicken. Serve at once. 4 servings.

SESAME CHICKEN

⅓ cup sesame seeds
2 chicken breasts, boned
1 tbsp. cut ginger (fine)
½ cup vegetable oil
½ cup white wine
1 clove garlic, minced
½ cup toyo

Heat oven to 350°F. Place sesame seeds in shallow pan, heat in oven about 20 minutes or until lightly brown, stirring 2 or 3 times. Cut chicken into 1-inch pieces. Combine wine with toyo, oil, garlic, and ginger; add chicken pieces and stir to coat with the mixture; let stand for 20-30 minutes. Skewer chicken pieces on short skewers, place on grill over hot coals, or under broiler and cook about 15 minutes or until chicken is cooked, turning a few times. Roll chicken in toasted sesame seeds immediately after removing from grill. Makes about 24 appetizers.

Serve as a main dish by using one chicken cut into serving pieces. You won't need to skewer them for broiling. 6 servings.

CHICKEN TETRAZZINI

2 cups cooked chicken, cut in strips
½ cup light cream
1 pkg. Royco Cream of Mushroom soup made with 2 cups of water, or any 2 cans of cream of mushroom soup
⅓ cup grated Parmesan cheese
½ lb. mushrooms sliced
2 tbsp. sherry (optional)
2 tbsp. butter
½ lb spaghetti

Heat oven to 375°F. Cook spaghetti in boiling, salted water and drain. Saute mushrooms in butter 2 or 3 minutes. In two-quart casserole, layer spaghetti, mushrooms, and chicken. Combine undiluted soup, cream, and sherry. Pour over chicken mixture; sprinkle with cheese. Bake 25 minutes or until hot; if necessary, place under broiler for a few minutes to brown cheese. 6 servings.

CURRIED CHICKEN

1 chicken (about 1 kilo)
6 tbsp. oil
¼ kilo boiled potatoes
milk from 2 coconuts
2-3 tbsp. curry powder
5-6 tbsp. chopped onions
1 tsp. chopped garlic

To extract milk, add 2 cups hot water to grated coconut meat and squeeze. Strain and set milk aside. Second extraction: add 3 cups hot water to coconut. Squeeze out milk. Strain. Set aside milk. (You may substitute part with evaporated milk.)

Clean and cut the chicken into pieces, wash them, and mix with salt, then keep aside. Peel the potatoes and cut into pieces. Chop onions and garlic. Heat the kawali with 4 tbsp. of oil. Add the chopped onions and garlic and fry until golden brown. Add the curry powder and fry for about 5 minutes. Then add the pieces of chicken. Mix them well with the drippings. Add the potatoes. Add the second extraction of coconut (3 cups) and boil for 10-15 minutes. After 15 minutes add the first extraction of coconut milk and more salt to taste. Boil for 20-30 minutes. Serve while hot. Makes 4-6 servings.

CHICKEN CURRY WITH RAISIN-TOMATO PASTE

8 boned chicken pieces
1¼ tsp. salt
½ tsp. paprika
2 tbsp. white table wine or vinegar
1½ tsp. curry powder
½ tsp. worcestershire sauce
3 tbsp. chopped peanuts
1 6-oz. can tomato paste
3 tbsp. butter
½ cup raisins
6 tbsp. flour
¼ cup finely chopped onions
1 cup water
1 chicken bouillon cube
½ tsp. vetsin

Melt 1 tbsp. butter in shallow baking pan. Coat chicken with ¼ cup flour mixed with 1 tsp. salt and paprika. Place skin down in baking pan. Bake in hot oven (400°F.) 20 minutes; turn and continue baking 20 minutes. Meanwhile, saute onion in remaining 2 tbsp. butter. Add curry powder and cook a minute. Stir in remaining 2 tbsp. flour. Add water, bouillon cube, vetsin, Worcestershire sauce, wine, and tomato paste. Cook, stirring until sauce boils and thickens. Add raisins and remaining ¼ tsp. salt; simmer a minute. Pour sauce over chicken. Arrange on platter and sprinkle with chopped peanuts. Serve with rice and fried banana (saba). 4-6 servings.

CHICKEN IN HONEY

½ spring chicken (½ kilo)
½ stalk leek
½ cup honey
2 slices ginger
1 tbsp. salt
¼ cup toyo

Clean chicken, rub with 1 tbsp. salt and place chicken, ginger, and leek and a little water inside a clay pot and cook over slow fire for 30 minutes or until tender. Drain. Remove bones and soak chicken in the mixture of honey and toyo. Slice chicken and serve cold. Very good as an appetizer.

BAKED CHICKEN WITH BACON AND CHIPPED BEEF

12 half chicken breasts (or thighs) remove meat from bone
1 small bottle of dried chipped beef or10 thin slices of Purefoods yorker schinken
1 cup sour cream (use commercial sour cream or 1 cup evaporated milk with 2 tsp. vinegar added to make it sour).
12 slices of bacon
1 can golden mushroom soup or fry 2 tbsp. mushroom in 2 tbsp. margarine; add 2 tbsp. flour and 1 cup milk; cook to thicken.

Make a layer of dried beef on the bottom of a 9 x 13" baking pan. Wrap each piece of chicken with a piece of bacon and arrange in pan. Mix mushroom, margarine, flour, and water; cook until thick. Pour soup and sour cream over chicken. The chicken should be almost covered with sauce. Bake in slow oven (225°F.) for 3 hours.

SCALLOPED CHICKEN

2½ cups finely cut cooked chicken
2½ cups rich chicken gravy
1 cup fine dry bread crumbs
1 tsp. butter

Grease a 1½ quart casserole (7½"), place in alternate layers the chicken, gravy and bread crumbs. Dot with butter. Bake in a moderate oven (350°F.) for 20 to 30 minutes. Serve hot. Makes 6 servings.

CHICKEN LIVER AND EGGS

2 chicken livers and hearts
4 tbsp. evaporated milk
4 eggs
pepper
salt
1 small onion, diced
1 small tomato, diced
1 tbsp. margarine
½ tsp. salt
vetsin

Melt margarine in frying pan. Fry onion until soft. Add tomato. When soft sprinkle with salt, pepper, vetsin. Add liver and hearts. Divide large pieces of liver so they will cook quickly over medium heat. Cover. Cook 3-4 minutes until liver is no longer pink. Sprinkle liver with salt. Remove from pan.

Add milk, salt, and pepper to eggs and beat with beater until frothy. Pour in same pan you used to cook liver in so eggs can absorb leftover juices. Cook gently, stirring so eggs cook evenly, until all egg is set. Do not overcook. Place on plate with liver. 2 servings.

ORANGE-GLAZED CHICKEN

1 kilo broiler-fryer, split
salt and pepper
3 tbsp. melted butter or margarine
orange glaze

Heat oven to 375 degrees F. Place chicken in shallow roasting pan. Brush with some of the melted butter and sprinkle with salt and pepper. Bake 50 minutes. Remove from oven. Pre-heat broiler. Place chicken in center on heatproof plank or platter. Brush with orange glaze. Place broiler 4 inches from heat and broil 2 minutes. Brush again with glaze and return to broiler for 3-4 minutes until brown.

(Orange Glaze)

1 tsp. grated orange peel (may be omitted if unavailable)
¼ cup dark corn syrup (or light syrup)
½ tsp. dry mustard (prepared mustard may be substituted)
½ tsp. salt
¼ cup orange juice (or orange concentrate)
¼ cup dark brown sugar, firmly packed
1 tbsp. melted butter or margarine
pepper

Mix together and use as glaze on chicken. 4 servings.

ORANGE-KISSED CHICKEN

1 chicken, cut in serving pieces
1 tsp. worcestershire sauce
1 onion, sliced
1 cup green peas
1 orange, sliced
salt to taste
¼ cup pimiento, sliced
¼ cup toyo
½ cup water
½ cup tomato sauce
¼ tsp. sugar (optional)
oil for frying

Simmer chicken in toyo and water. When the liquid has evaporated, add the lard and brown the chicken. Add tomato sauce, onion, pimiento, and peas. Add worcestershire sauce and sugar. Season with salt. Serve with slices of fresh orange. 6-7 servings.

CHICKEN AND CORN FLAKES

1 chicken cut into serving pieces
1 cup mayonnaise
2 tsp. curry powder (or more)
Corn flakes or potato chips

Mix mayonnaise and curry powder in a bowl. Dip chicken pieces in the mixture. Put in a casserole. Bake until cooked 350°F. When tender sprinkle with corn flakes or potato chips. Serve in same dish. 6 servings.

SPICY ROAST CHICKEN

chicken, cut in quarters or smaller pieces
oregano, powdered
paprika
lemon-pepper seasoning
sage, powdered
vetsin
salt

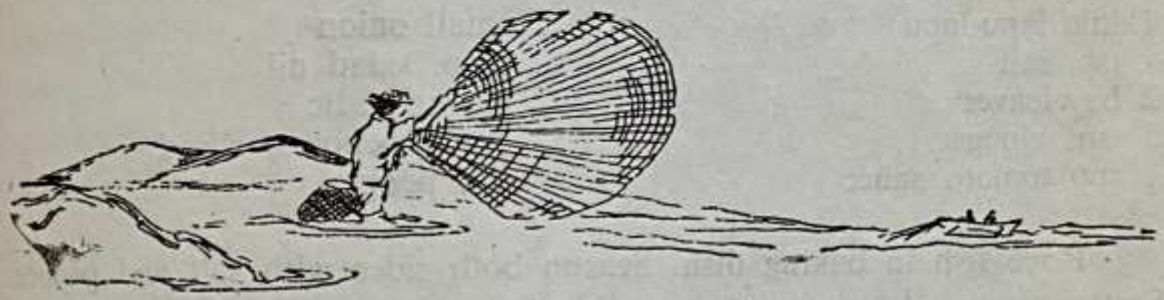
Rub salt and vetsin into chicken. Place skin side up in baking pan. Place pieces close together so chicken will not dry out while cooking. Sprinkle very liberally with paprika, sage, oregano. Baste while cooking. If there are not enough drippings, use melted butter. Bake covered for ½ hour, uncovered for another ½ hour at 400° F. 4-6 servings.

BARBECUED CHICKEN

2 chickens (1 kilo each), cut in serving pieces
4½ tbsp. catsup
3 tbsp. vinegar
1½ tbsp. kalamansi juice
3 tbsp. worcestershire sauce
1½ tsp. paprika
6 tbsp. water
3 tbsp. melted margarine
4½ tbsp. brown sugar
1½ tsp. salt
1½ tsp. dry mustard powder
1½ tsp. chili powder
½ tsp. pepper

Salt and pepper the chickens. Make sauce by mixing together the rest of the ingredients. Grease the inside of a large, heavy brown paper bag (supot, the kind that groceries come in from the supermart). Dip each piece of chicken into the sauce, and put inside the greased bag (which should be placed in a large shallow pan). Pour remaining sauce over the chicken and tie the end of the bag. Bake in the oven for 2 hours at 350 degrees. Serve hot or make early in the day and take cold on picnics or outings. Makes 8-10 servings.

SEAFOOD DISHES



LOBSTER-SHRIMP THERMIDOR DE LUXE

6 large lobster tails
½ lb. shrimps
¼ tsp. lemon-pepper seasoning
½ cup cooking sherry
2 cans condensed chicken broth or 2 cups fresh broth
salt
½ cup butter
4 tbsp. flour
½ cup diced pimiento
½ tsp. nutmeg
1 cup heavy cream, canned or fresh
paprika

Cook lobster tails in salted water. Remove from shells (there should be 2 cups of meat). Cut in small pieces. Cook shrimps and remove from shell. Chop and mix with the lobster.

Use the pan you will serve in. Melt butter in pan. Add onion and cook for 5 minutes. Add flour, lemon-pepper, and nutmeg. Stir and cook 1 minute. Add chicken broth slowly and cook until thick. Add cream slowly. Do not boil. Add sherry and pimiento, then add salt and pepper if needed. Add lobster and shrimp. Keep warm, but do not boil. Just before serving, sprinkle with paprika and broil until golden brown. 6 servings.

FISH WITH MAYONNAISE

maya-maya, talakitok, or bakoko
1 cup water
1 tomato
1 tbsp. oil
6 pcs. black pepper, crushed
chopped pickles
2 leaves laurel (bay)
2 tbsp. vinegar
1 tsp. vetsin
1 tsp. salt
2 hard-boiled eggs

Put fish (one whole) in a kawali, then add all ingredients, except eggs and pickles. Boil until cooked. Arrange fish on a platter, then spread mayonnaise on fish. Decorate with 2 hard-boiled eggs and chopped pickles. 4-6 servings.

ADOBO DE LAPU-LAPU

1 kilo lapu-lapu
1 tsp. salt
2 bay leaves
5 tsp. vinegar
¾ cup tomato sauce
1 small onion
2 tbsp. salad oil
2 cloves garlic
2 green peppers, sliced
½ tsp. pepper

Place fish in baking dish. Season both sides with salt and pepper. Scatter crumpled bay leaves over fish slices, follow with chopped onions and crushed garlic. Combine tomato sauce and vinegar. Pour over fish slices. Add oil, then bake in moderate oven, 350° for 15 minutes. Add green pepper and continue cooking for 15 minutes more. 6 servings.

CURRIED LABAHITA

1 kilo labahita fillets
¼ cup patis
1 cup peanuts, pounded
1 green pepper, round pieces (optional)
1 carrot, slice round
1 tbsp. curry powder
milk of two coconuts
2" ginger, sliced in thin strips
2 cloves garlic

Slice labahita fillets into pieces and sprinkle with kalamansi and a little salt. Let it stand for 20 minutes. Grate coconuts and extract milk by squeezing without water. Second extraction: add 1 cup of water and squeeze.

Fry garlic with ginger in the pan in which you will serve the fish. Add patis. Push garlic to one side, then arrange fish in pan carefully. Cook 2-3 minutes. Add second extraction of coconut milk. When fish is cooked, add first extraction. Add vegetables and curry powder. As soon as coconut milk boils, remove from stove. Sprinkle peanuts on top. 8 servings.

STEAMED FISH AND SWEET-SOUR SAUCE

2 small white fish (apahap, lapu-lapu, bakoko)
1 tsp. ginger juice (pound 4 slices and get the juice
1 tbsp. sliced cucumber pickle from bottle of mixed pickles
2 red peppers, cut in small pieces
2 tbsp. sugar
1 tbsp. red wine (Chinese wine)
1 tsp. salt
4 slices ginger
1 small green pepper, seeded and diced
2 tbsp. oil
2 tbsp. vinegar
1 tbsp. toyo
2 tbsp. sesame oil
2 tsp. cornstarch
1 cup water

Clean and scale fish. Make 3 slashes in side. Place fish in a dish and sprinkle with wine, salt, ginger juice. Place plate in steamer and steam fish for 15 minutes. Heat oil, fry green and red pepper, ginger, cucumber pickles. Add vinegar, sugar, toyo, and sesame oil. Mix cornstarch with water; add to sauce and bring to a boil. Cover fish with sauce and serve hot. 4 servings.

PESANG DALAG WITH MISO-TOMATO SAUCE

1 medium dalag
6 cups rice washing
20 pieces peppercorn
¼ of 1 medium head cabbage
¼ cup green onions, 2" length
2 tbsp. onion, sliced
1 crushed ginger, an inch long
2½ tsp. salt
1 head petsay

Heat rice washing together with peppercorn, onion and salt and ginger. When boiling add the fish. Cook for 10 minutes. Add cabbage, petsay, and green onions. Cook 4 minutes. Serve with miso-tomato sauce. 6 servings.

(Miso-Tomato Sauce)

1 tbsp. cooking fat
2 tbsp. onion, sliced
¼ cup tomatoes, sliced
3 tbsp. miso washed with ½ cup water
1 tsp. garlic, minced

Saute garlic, onion, and tomatoes. Cook for 2 minutes. Add miso and cook 3 minutes longer. Serve with Pesang Dalag.

ESCABECHE — MACAO STYLE

1 kilo fish (maya-maya, talakitok, bakoko, pampano, or tangigui, sliced)
1 carrot, medium, cut in strips
1 large red pepper, cut in strips
salt and vetsin
2 tbsp. sweet pickle juice
2 stalks celery, diced
2 inches ginger, cut in strips
1 medium onion
2 cloves garlic
3 tbsp. oil

Clean and scale fish. Add salt and fry, then set aside. Saute garlic and onion. Add water and let it boil. Then add all the ingredients stirring once in a while so that the mixture thickens evenly. Add salt and vetsin to taste. Put fish in a platter and pour the sweet-sour sauce with vegetables over the fish. 6 servings.

SWEET SOUR SAUCE

2 tbsp. toyo
3 tbsp. vinegar
4 tbsp. sugar
2 tbsp. flour or cornstarch
1 cup water
2 tsp. vetsin
salt

Mix flour in $\frac{1}{4}$ cup of water; add other ingredients and mix. Bring to a boil and cook to desired thickness.

FISH BALLS

1 medium labahita (skinned)
$\frac{1}{2}$ big red pepper, cut in strips
$\frac{1}{2}$ big green pepper, cut in strips
1 tsp. salt
1 tsp. vetsin
1 medium onion (chopped)
2 medium tomatoes (chopped)
$\frac{1}{2}$ cup bread crumbs
2 eggs
3 tbsp. toyo

Flake the fish and mix with 1 egg. Add the other ingredients except pepper and mix very well. Make 20 balls and fry until brown. Place in sauce pan and add 1 cup water. Bring to a boil. Add pepper and cook pepper until it is half cooked. Beat 1 egg. Add it and stir until cooked. 4-6 servings.

NOTE: For a change, add 1 cup coconut milk instead of an egg.

SHRIMPS DIAVOLO

2 cups shelled medium-sized shrimps (or other fish)
¼ cup cornstarch
⅓ cup chopped onions
1 tbsp. sugar
sugar, pepper, and vetsin to taste
dashes of hot sauce (as desired)
1 cup shredded Kraft Velveeta cheese with pimiento
5 cloves garlic, minced
2 pieces Chorizo de Bilbao
1 cup tomato sauce
1 cup water

Dredge shrimp in cornstarch and fry in hot oil. Set aside. Drain off excess oil and fry garlic, onion, and chorizo. Stir in shrimp, tomato sauce, water, sugar, and seasonings and simmer for about 10 niinutes. Add shredded cheese with pimiento and cook further till cheese melts. Serve with hot rice or spaghetti. You may substitute 1 cup cooked hamburger for the shrimps. 4 servings.

FISH A LA ESPAÑOLA

1 apahap or lapu-lapu
2 potatoes, cut into thin slices
2 large onions, cut into rings
3 tomatoes cut in thin round slices
1 bunch green onions, cut 1" long
1 small can evaporated milk
¼ cup margarine
1½ cups water
½ bay leaf
salt and vetsin

Buy fish the size that will fit your pan. Clean, scale, and make diagonal slits along the sides. Make a bed of onions, tomatoes, and potatoes in pan. Lay fish on top, add water, bay leaf, and margarine. Boil, then simmer until fish and potatoes are done. Add vetsin, milk, and green onions and boil for 5 minutes. Serve on a platter and decorate with parsley. 6 servings.

TALAKITOK WITH VEGETABLES

1 kilo fish (talakitok)
1 cup water
2 tbsp. vinegar
2 tomatoes, sliced
3 potatoes, sliced
¼ cup olive oil

Put fish on a pan. Pour on 1 cup of water and vinegar. Put sliced potatoes and tomatoes on top and add olive oil. Bake uncovered for about ½ hour at 350°F. 6 servings.

GRILLED PRAWNS WITH GARLIC BUTTER

1 kilo fresh prawns
½ cup butter or margarine
1 tbsp. chopped shallots or spring onions
2½ tsp. chopped garlic
lemon quarters
6 tbsp. olive oil
2½ tsp. lemon juice
1 tsp. salt
3 tbsp. chopped parsley
freshly ground black pepper

Shell prawns, but don't remove the tail. Remove the black or white intestinal vein. Wash prawns and pat dry. Preheat grill to highest temperature. Melt butter over low heat in a shallow flame-proof baking dish large enough to hold prawns in one layer, and be careful not to let it brown. Stir in 6 tbsp. oil, lemon juice, onions, garlic, salt, and pepper; add prawns and turn them in the butter and oil until they glisten on all sides. Grill them 3-4 inches from the heat for 5 minutes, then turn the prawns over and grill for 5-10 minutes longer until lightly brown and firm to touch. Be careful not to overcook them. Transfer the prawns to a heated serving dish and pour the sauce from the dish or pan over them, and sprinkle with chopped prsley. Garnish with lemon quarters and serve. 8 servings.

CRABMEAT WITH EGGPLANT

⅛ to ¼ kilo crabmeat
2 cloves garlic, minced
3 tbsp. toyo
1 large eggplant or 2 small ones
1 cup water
½ tsp. salt
4 tbsp. shortening

Boil crab and remove the meat (you may use shrimp as a substitute). Add crabmeat or shrimp to water with toyo, garlic, and salt. Simmer 10 to 15 minutes. If desired, garlic cloves may be left whole with a toothpick inserted through them in order to remove them after simmering; otherwise add them minced.

Peel and cut eggplant into ½ inch cubes. Fry in hot shortening. Add crabmeat or shrimp mixture; cover. Simmer 15 minutes. Serve hot. Yields 4 servings.

As omelet filling: drain liquid (which may be used in soup) and add crab-eggplant mixture to omelet.

FRIED DILIS

Choose fresh dilis about three inches long; wash and drain very well. Add salt and pepper to taste. Roll on thin film of cornstarch. Deep fry until golden brown and crisp.

UKOY

¼ kilo mongo sprouts (togue)
½ cup cornstarch or flour
1 cup tokua (bean curd), cut into thin strips
1 egg
½ cup water
1 cup small fresh shrimp
achuete or yellow food coloring
1 tsp. vetsin

Mix cornstarch with water and achuete. Beat with the egg. Blanch the bean sprouts and shrimp. Put a few bean sprouts on a platter, top with shrimp and tokua. Pour a little of the cornstarch mixture on the platter. Slip the mixture off the platter into hot oil. Cook 5 minutes. Repeat until all ingredients are finished. For the sauce, mix vinegar, garlic, and black pepper and serve with ukoy.

SCALLOPED SALMON AND PEAS

2 cups flaked salmon
1 egg
2 cups milk
¾ tsp. salt
1 cup bread crumbs
2 cups peas
2 tbsp. butter
vetsin to taste

Put one half of the salmon in a buttered baking dish; sprinkle with bread crumbs. Add one half of the peas. Repeat. Add well-beaten egg, salt, and butter to hot milk and pour muxture over salmon and peas. Bake in a moderate oven (350-375°F) until brown and firmly set. 4-6 servings.

TUNA CROQUETTES

1 7-oz. can drained and flaked tuna
½ tsp. salt
¼ tsp. pepper
2 tsp. chopped green pepper
2 tsp. chopped red pepper
bread crumbs
3 tbsp. oil
4 tbsp. flour
⅓ cup powdered milk
1 cup water
1 beaten egg

Heat oil, then add flour. Cook until slightly brown. Dissolve powdered whole milk in a cup of water. Add to oil-flour mixture, stirring constantly to avoid lumps. Add tuna, green and read pepper; season. Cook until very thick. Allow to cool. Form into patties and dip in beaten egg then crumbs. Deep-fry and drain. Serve hot. 4-6 servings.

CHILI PRAWNS

1 kilo prawns (fresh)
1 green pepper cut in strips
1 red pepper cut in strips
1 sprig spring onion (cut into 1" lengths)
½ tsp. vetsin
1 tsp. cornstarch
5 small red onions
3 cloves garlic
1 tbsp. chili sauce
1 tbsp. catsup
1 tsp. salt
1 tsp. light toyo
3 tbsp. water

Shell prawns but leave tails on. Heat frying pan with oil, put in sliced onions and garlic and fry until brown, dish out and set aside. Using the same oil, add prawns and fry quickly for a few minutes, then add catsup and chili sauce. Add fresh green and red pepper and the sauce ingredients (salt, vetsin, light toyo, cornstarch, and water) mixed together well. Lastly, add spring onions. Dish out, decorate with tomatoes cut into the shape of a flower. 8 servings.

STUFFED CRABS

6 medium crabs boiled and flaked
6 tbsp. cooking fat
6 crab shells
2 eggs
2½ tbsp. onions, chopped
½ medium tomato, chopped
1 tsp. salt
⅛ tsp. pepper

Saute onion, tomato, and crab meat in 2 tbsp. fat. Add seasoning. Separate egg whites from the yolks and beat whites until stiff. Beat egg yolks until thick and light in color. Fold into the whites lightly but thoroughly. Mix ½ of the beaten eggs to the sauted mixture. Fill each crabs shell with the mixture. Cover the top with the rest of the beaten eggs and fry in the remaining fat until golden brown. 6 servings.

SEVICHE

1 kilo fillet (sole or flouder)
¼ kilo small scallops (optional)
2 green peppers cut in 1" strips
2 red onions, sliced
10 kalamansi
2 tsp. salt
¼ tsp. pepper
¼ tsp. cayenne pepper

Cut fillets into 1" strips; combine with scallops, juice of lemons and limes, onions, and green peppers. Add salt, pepper, and cayenne. Toss to mix together. Cover and set in refrigerator overnight, or 2-3 days if possible. At serving time, spoon out individual servings using a perforated spoon. 6 servings. Try serving it with a cocktail sauce for first course.

CASSEROLES AND NOODLES

CHICKEN-PORK CASSEROLE

½ kilo stewing chicken
½ kilo pork
6 cloves garlic
3 tomatoes
2 chopped onions
⅓ cup evaporated milk or heavy cream
½ lb. macaroni
1 can Vienna sausage
2 cans tomato sauce
¼ lb. bacon
1 small can mushrooms
⅓ cup Parmesan cheese
1 tbsp. salt
1 tsp. pepper

Boil chicken until tender. While cooking chicken, prepare garlic for sauteing. Dice onions and tomatoes, cut pork into ½" strips, Vienna sausage into fourths. Saute garlic, onions, and tomatoes for about 5 minutes. Add pork and simmer until tender. Cut tender chicken meat into strips and add to the pork mixture together with tomato sauce, Vienna sausage, and mushrooms. Add salt and pepper to taste. Simmer pork-chicken mixture for about ½ hour. Stir in the cream. Boil water and add 1 tbsp. salt and oil to prevent macaroni from sticking. Add macaroni to boiling water and cook for 15 minutes or until tender. Drain and rinse immediately with cold water.

In a casserole, put a layer of macaroni and then a layer of chicken mixture alternately and sprinkle cheese between each layer. Place bacon strips on top of the mixture and bake in moderately hot oven for 20 minutes. 6-8 servings.

MACARONI AND CHEESE CASSEROLE WITH EXTRA MILK

⅛ oz. package of macaroni
⅔ cup non-fat, dry milk powder
1½ tsp. Worcestershire sauce (or 1 tbsp. minced onion)
1½ cup grated cheddar cheese
½ tsp. mustard (dry or wet)
½ tsp. salt
2⅓ cups evaporated milk
⅓ cup minced green pepper
¼ cup minced canned pimiento

Pre-heat oven to 350°F. Bring water to boil in a pot. Add a pinch of salt. Cook macaroni in it about 12 minutes, separating pieces with fork or spoon. Drain. Rinse macaroni in a strainer with cold water to remove starch. In a 2-quart casserole mix dry milk powder, mustard, and salt. Stir in evaporated milk to make a smooth paste. Stir in Worcestershire sauce (or onion), pimiento, and green pepper. Mix this together with cheese and macaroni. If you have paprika, shake some on top for browning. Bake uncovered 25-30 minutes. Let stand 10 minutes out of oven. Serve hot. 4 servings.

EGG NOODLES WITH BUTTER AND CHEESE

½ cup butter or margarine
½ cup grated Parmesan cheese
3 tbsp. evaporated milk
grated Parmesan cheese
6 cups water
2½ tsp. salt
1 lb. fine egg noodles
pepper to taste

Cream butter by beating it vigorously against sides of a bowl with a wooden spoon until light and fluffy. Beat in the milk a little at a time, and then, beat in ½ cup cheese a few tablespoons at a time. Cover bowl and put aside. Put large serving bowl (fireproof) in 250° oven to heat while you cook the noodles. Bring water and salt to a boil in a large saucepan. Drop in egg noodles and stir gently with wooden fork for a few moments to prevent sticking. Boil over high heat, stirring occasionally, for 5-8 minutes until tender, but slightly resistant to the bite. Immediately drain noodles into colander and lift strands with 2 forks to make sure it is thoroughly drained. Transfer at once to hot serving bowl. Add creamed butter-and-cheese mixture and toss with noodles until every stand is well coated. Season generously with salt and pepper. Serve at once. Serve extra grated cheese in separate bowl. 6 servings.

CHEESE SOUFFLE

1 cup grated cheese
1 cup milk
3 eggs, separated
dash of red or cayenne pepper
¼ cup margarine or butter
¼ cup flour
¼ tsp. salt
¼ tsp. dry mustard
¼ tsp. cream of tartar

Make thick white sauce: melt butter over low heat in a heavy saucepan. Blend in flour and salt and cook stirring with a wooden spoon over low heat until mixture is smooth, bubbly. Remove from heat. Stir in milk; bring to a boil, stirring constantly. Boil one minute. Add seasonings and cheese. Remove from heat. Gradually stir in 3 egg yolks, well beaten.

Separately, beat together 3 egg whites and ¼ tsp. cream of tartar until stiff. Fold cheese mixture into egg whites. Pour into ungreased 1½ quart baking dish. Set baking dish in pan of hot water (1-inch deep). Bake 50-60 minutes at 350°. Serve immediately. 4 servings.

BARLEY PILAF

1 box pearl barley (not quick cooking)
4 cups rich, chicken broth
¼ cup margarine
½ cup sliced mushrooms (optional)
1 tsp. salt
vetsin to taste

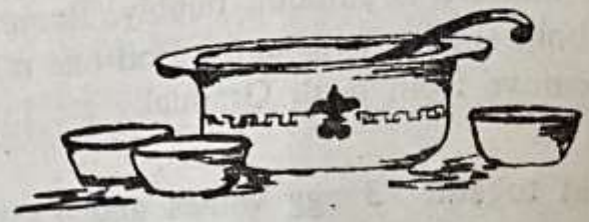
Melt margarine in frying pan. Pour barley into pan, mix with margarine and brown over medium heat. Stir gently so all the barley becomes light brown. Do not burn. Pour barley in casserole. Add salt and mushrooms. Add enough chicken broth to cover barley. Broth should be about 1 inch above barley.

Bake covered at 350°. After half an hour the barley will have absorbed most of the broth. Add 1 more cup. If barley seems dry later, add more broth or water. Bake about 2 hours or until barley is cooked, but don't let it get too soft. Serve with roast pork or chicken.

PANCIT CANTON WITH SOTANGHON

1 medium package canton noodles
1 cup sliced shrimps
1 cup shrimp juice
1 cup water
1 cup shredded cabbage
⅓ cup green onions and kinchay, finely chopped
3 cloves garlic, chopped
½ kilo sotanghon
½ cup boiled pork, cut into pieces
2 carrots, cut in small strips
2 tbsp. cooking oil
2 tbsp. patis
2 tbsp. toyo
salt and pepper to taste

Soak sotanghon in water and cut to desired length. When slicing shrimps save heads for juice. Sauce garlic, onions, pork, shrimps in that order. Add 1 cup shrimp juice and boil for 2 minutes. Add 1 cup water, season with toyo and patis. Add carrots and cabbage and cook 3 minutes. Add sotanghon and canton and cook another 5 minutes. Garnish with green onions and kinchay. Serve hot. 4-6 servings.



SOUPS

PENGUIN CHEESE SOUP

1½ tbsp. butter
3 cloves garlic, crushed
2 tbsp. chopped onion
2 tbsp. flour
2 cups chicken broth
½ cup evaporated milk
¼ cup celery chopped fine
⅓ cup Cheez Whiz
salt, pepper, and vetsin to taste

Melt butter in pan; fry garlic and onion. Stir in flour till blended. Slowly add chicken broth and milk, stirring well till smooth. Allow to boil, then add celery, Cheez Whiz, and seasonings. Serve hot, sprinkled with cooked crumbled bacon if desired. 6 servings.

BATSOY

½ cup sliced pork
½ cup sliced pork liver
½ tsp. ginger, cut in fine strips
¼ cup sliced pork heart
¼ cup pork kidney, sliced and boiled
¼ cup green onions, finely cut
½ cup sweet red and green pepper cut into strips
dash of pepper
4 cups meat stock
2 tbsp. cooking fat
2 tbsp. onion, sliced
2 tsp. patis
1 tsp. garlic, minced
1 tsp. salt
1 bundle misua, broken into 2-inch lengths

Saute garlic, onion, and ginger. Add pork, liver, heart, and kidney. Cover and cook 5 minutes over moderate heat. Add meat stock and bring to a boil. Season with patis, salt, and pepper. Add sweet red and green pepper and cook 2 minutes. Add misua and cook 3 minutes. Serve hot with green onions. 6 servings.

GAZPACHO

1 10½ oz. can condensed beef broth or 1½ cups strong fresh broth
2½ cups tomato juice
3 tbsp. chopped onions
1 clove garlic, sliced lengthwise
1 cup finely chopped cucumber, chilled
1 cup green pepper, finely chopped, chilled
½ tsp. hot pepper sauce
½ tsp. salt
dash of freshly ground pepper
1 cup finely chopped tomato, chilled

In a jar, combine first the broth, tomato juice, onions, garlic (spear garlic on toothpick), pepper sauce, salt, and ground pepper. Cover. Shake well and refrigerate 4 hours. Remove garlic. Place mixture in freezer about ½ hour, but do not freeze. Chill soup dishes to keep icy cold. To serve, divide chilled vegetables among soup dishes. Pour soup over. 8-10 servings.

CORN-CHICKEN SOUP

bony chicken parts
4 cups water
3 ears young fresh corn
dash of pepper
1 big onion, sliced
½ cup evaporated milk
½ tsp. salt
giblets

Boil bony parts of chicken in 4 cups water. Cook for 30 minutes. Add giblets. Remove meat from bones and add chicken pieces to the broth. Remove kernels from 3 ears of fresh, young corn. Add to soup. Add onion, seasoning, and milk. May be thickened with cornstarch. 4-6 servings.

CREAMED CHINESE CABBAGE SOUP

½ kilo Chinese petsay
1 cup broth or water
½ cup evaporated milk
3 tbsp. chicken oil (rendered from chicken fat)
4 mushrooms, cooked (fried) diced
1 tbsp. chopped boiled ham
1 tsp. salt
¼ tsp. vetsin
1 tbsp. cornstarch, mixed with 3 tbsp. water.

Cut petsay (or cabbage) into small sections. Boil until tender and drain. Heat 3 tbsp. chicken oil and saute cabbage. Add broth, milk, salt, and vetsin and bring to a boil. Add cornstarch mixture and stir well. Remove to serving dish and sprinkle with chopped ham and mushrooms. Serve hot. 4 servings.

STEAMBOAT OR FIRE KETTLE

¼ kilo pork, sliced thin
¼ kilo boned chicken, sliced
¼ kilo small-sized fish, boned
¼ kilo fresh oysters
½ cup shrimp, shelled and cleaned
½ cup dried scallops, soaked and drained
½ head Chinese cabbage, chopped
10 cups broth or water
1 bamboo shoot, sliced thin
1 tsp. salt
1 oz. bihon dipped in boiling water and drained
2 tbsp. grated ginger
3 tbsp. chopped leek
3 tbsp. wine
6 dried mushrooms

Use steamboat pan. If none is available you can substitute a rice cooker. Prepare all meat, sea food (oysters should be washed in salt water), and vegetable ingredients as directed above. Arrange all the ingredients in a platter. Place broth in steamboat and heat, other ingredients are cooked in broth.

Dish should be cooked at the table so that diners may help themselves from it when ingredients are sufficiently cooked. Food is eaten from small individual bowls along with soup in which it has cooked. Season the soup with salt and wine.

FISH HEAD WITH BEAN CURD SOUP

1 piece of fish head, either lapu-lapu or tangigue
4 slices of ginger
1 big onion
2 tomatoes
½ tsp. salt
½ kilo petsay, sliced
2 cups broth or water
2 cakes tokua
3 tbsp. oil
⅛ kilo sotanghon

Heat oil and fry the ginger and fish head for 5 minutes. Add 2 cups broth and boil. Add tomatoes, onion, and petsay. Lastly, add tokua cut in cubes and the sotanghon. Simmer for 20 minutes. Remove fish-heads from soup. Serve hot. 4 servings.

VEGETABLE DISHES

AMPALAYA GUISADO

½ kilo ampalaya or 3 pieces medium size
¼ kilo shrimps
2 eggs
1 onion, medium size
2 tomatoes, medium size
2 cloves of garlic
salt and vetsin to taste

Divide ampalaya lengthwise, then cut diagonally into pieces ⅛" wide. Saute garlic, onions, tomatoes, then add shrimps, season with salt and vetsin to taste. Add ampalaya and ½ cup of water. Cook until tender. Beat the two eggs and stir into the mixture. Cook until thickened. Be careful not to overcook the ampalaya. 4-6 servings.

LENTILS CREOLE

1 cup dried lentils or mongo beans
2 sweet peppers, minced
2 cups canned tomatoes or tomato sauce
¼ tsp. pepper
2 tbsp. salt
2 tbsp. butter
1 onion, chopped
1 tsp. sugar
cooked rice or noodles

Pressure cook the lentils for about 8-10 minutes (about 30 minutes of regular cooking). Melt butter in saucepan; add green peppers and onions and cook slowly until the butter browns. Add tomatoes, pepper, and sugar, then the lentils and simmer 30-40 minutes. Serve over rice or noodles. 6 servings.

NOTE: If you use mongo beans, soak them first for several hours or overnight and then cook them until they are soft. Then proceed with the recipe.

FRENCH FRIED POTATOES

Cut potatoes into long pieces ¼" thick. Soak in salted water for 1 hour. Dip in boiling water for 2 minutes, then drain them well and dry between paper towels. Fry in hot oil 95° (a cube of bread will brown in 20 seconds). They should be light brown. Drain on newspaper. Sprinkle with salt. Serve immediately.

BAKED BEANS

1 pkg. of Easy Cook Beans
1 bottle catsup with hot pepper
½ kilo pork belly, diced into strips
grated cheese
½ medium head of garlic
¼ kilo onions, preferably red
⅓ cup brown sugar
salt to taste

Soak beans overnight, and boil until soft. Keep water at level just enough to cover beans in pan. Fry pork belly slices in deep fat and set aside. Drain off excess fat. Caramelize sugar in frying pan used in frying the pork. Set aside.

In another pan, saute garlic and onions in small amount of fat. add catsup. Add boiled beans, including water in which they have been boiled. Add pork. Increase heat until the beans boil. Transfer bean mixture into pan with caramelized sugar and boil over low heat until sugar melts into the mixture. Make sure the water has almost evaporated into a thick, gravy-like mixture. Transfer into baking dish. Top with grated cheese. Bake in oven 400° for about 5 minutes or so until the cheese melts. Serve hot. 6 servings.

NOTE: For people who have to watch their fat intake, one can use beef or ground meat instead of pork.

GREEN BEANS ORIENTAL

1 1-lb. can (2 cups) cut green beans, drained or cooked fresh green beans
1 1-lb. can (2 cups) bean sprouts, drained
3 slices bacon
2 tbsp. instant minced onion or 4 tbsp. fresh minced onions
2 tbsp. white wine or vinegar
1 tbsp. sugar
½ tsp. salt

Combine onion and vinegar; let stand 5 minutes. Cook bacon till crisp, remove and crumble. To bacon drippings add vinegar mixture, sugar, and salt. Stir in beans and bean sprouts; heat through. Serve topped with crumbled bacon. Makes 6-8 servings.

PINAKBET

10 eggplant, medium size
10 okra
5 ampalaya, medium size
2 inches of ginger
1 onion, medium size
1 8-oz. can tomato sauce or 5 fresh tomatoes medium size
¼ cup bagoong mixed with ¾ cup of hot water
¼ kilo pork (liempo) or ¼ kilo shrimps (medium)
⅛ tsp. vetsin

Brown the pork first then add all the other ingredients. Cook until vegetables are done. Don't overcook. No stirring. 6-8 servings.

RATATOUILLE

1 eggplant, peeled and cubed
1 cucumber, peeled and cubed
3 tomatoes, peeled, cut in pieces
3 pieces okra, cut in 1" pieces
½ green pepper sliced in wedges
½ red pepper sliced in wedges
4 tbsp. cooking oil
2 cloves garlic, crushed
1 onion, chopped fine
1 bay leaf
½ cup shredded Cheddar cheese
salt and pepper to taste

Heat oil in saucepan and saute garlic and onion until brown. Add vegetables, bay leaf, salt and pepper. Cook vegetables until tender, about 15 minutes; do not overcook. While still very hot, sprinkle with shredded cheese. Serve at once. 6 servings.

FRIED LUMPIA WITH FISH

½ kilo sliced tangigue, chopped into small pieces
1 cup diced stalk of Chinese petsay
2 cups sliced leaves of petsay
1 tsp. salt
¾ cup sliced red tomatoes
½ cup sliced onions
½ cup bean sprouts
2 tbsp. toyo
¼ tsp. black pepper

Fry onions, add tomatoes, stalk of petsay, bean sprouts, and add fish. Cook until done. Add petsay leaves and seasonings. Drain and save sauce. Place 1 tbsp. in a lumpia wrapper. Roll. Fry in deep corn oil until brown. Serve hot. Makes 25 pieces.

To make sauce, add water to the saved sauce to make 1 cup liquid. Mix 2 tbsp. cornstarch, 2 tbsp. sugar, and ¼ cup water. Add to sauce. Mix well and boil until clear. Boil 5 minutes. Stir constantly. Serve with lumpia.

FRIED LUMPIA WITH PORK OR BEEF

½ kilo ground beef or pork
½ kilo potatoes, diced
1 can peas
1 small box raisins
salt and toyo
1 medium onion
2 cloves garlic
2 small tomatoes, chopped
20 lumpia wrappers
vetsin to taste

Saute garlic, onion, tomatoes and ground meat until lightly brown and add diced potatoes with 1 cup water. When cooked, add peas and raisins. Let it cool and wrap in lumpia wrappers, then fry in deep fat. Serve hot.

BULANGLANG

1½ cups sliced pork
1 cup water
3 tbsp. bagoong alamang
2 tbsp. cooking fat
3 segments garlic, minced
½ cup banana blossom cut into 1 inch cubes
2 eggplants, cut into 2" x 1" cubes
2 tbsp. onion, sliced
4 small tomatoes, sliced
1 cup meat stock
2 cups ampalaya, sliced
2 cups tender squash leaves
1½ cups squash fruit cut into cubes

Boil pork. When tender, extract fat. Saute garlic, onion, and tomatoes. Season with bagoong. Add meat and stock. Bring to a boil. Add banana blossom and squash fruit, cover and cook 5 minutes. Add eggplant, ampalaya, and squash leaves. Cover, cook 8 minutes. Serve hot. 6 servings.

SITAW AND EGGS

20 pieces green beans (sitaw)
1 clove garlic
1 egg, beaten
2 tbsp. oil
2 tsp. salt

Chop sitaw into very tiny pieces. Heat oil and fry garlic. Add sitaw. Add egg and salt. Cook until egg is set. 4 servings.

TOKUA AND VEGETABLES

1 square soft tokua
4 medium tomatoes, remove seeds, cut in quarters
2 tbsp. flour
1 tsp. sugar
salt to taste
1 leek
1 stalk celery (optional)
3 cloves garlic
2 tsp. toyo
1 cup water

Cut tokua in 1" squares. Soak in salted water first. Drain well. Fry lightly. Remove from pan. Fry garlic. Add tomatoes, leek, celery and cook for a few mnutes, but do not overcook. Mix flour, water, toyo, sugar and add to pan. Bring to a boil and cook until thick. Serve hot. 2-3 servings.

VEGETABLE KILAWIN WITH TAHONG

1 ganta tahong
3 banana blossoms cut in very small pieces
12 oz. coconut vinegar (or 1 family size pepsi cola bottle of vinegar)
2 medium green papaya, grated
3 cloves garlic
½ cup black peppercorn pounded
a handful of big salt

Boil tahong in a little water. When shells begin to open, remove from water. Remove meat and chop in small pieces. Mix salt with banana blossom and squeeze to extract juice. Discard juice and wash the banana. Do the same with the green papaya.

Fry garlic in a little oil. When brown, add tahong, banana blossoms, and papaya. Mix; add vinegar. *Don't stir until vinegar is boiling.* Add black pepper (taste should be hot). Good with pork or chicken adobo, rice, and barbeque.

FISH-STUFFED EGGPLANT AND AMPALAYA

1 kilo tangigue or labahita
3 pieces eggplant
3 pieces ampalaya
4 stalks of spring onions
salt dissolved in a cup of water
½ kilo ground pork
4 tbsp. toyo
1 cup water for steaming
oil for frying
pepper, vetsin

Scrape the meat off the fish and remove all the bones. Chop or pound the meat; add pepper, salt, and chopped spring onions. Mix together. Cut the eggplant and ampalaya into pieces with pockets. Stuff them with the fish and ground pork. Fry in hot oil, then transfer the vegetables to a pan and add water, toyo, vetsin. Cook slowly for 30 minutes or until tender. Serve hot or cold. 4-6 servings.

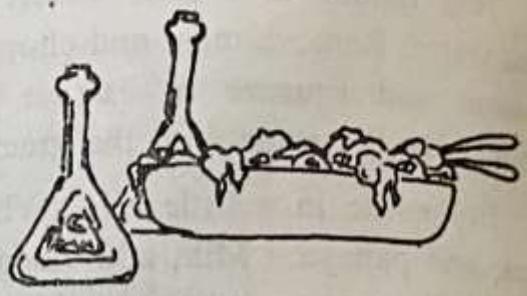
CHILI CON CARNE

½ kilo hamburger
1¼ cup minced onion
2 cups dried kiney beans
1 8-oz. can tomato sauce
3 tbsp. oil
2 tbsp. chili powder
1 tbsp. flour
1 tsp. salt
3 tbsp. water

Cover kidney beans with water in a pan, and boil until tender — about 1-1½ hours. (Cooking them in a pressure cooker is faster.)

Brown hamburger and onion in hot oil. Add the cooked kidney beans and tomato sauce and continue cooking for 10 minutes. Make a paste out of the chili powder, flour, salt, and water and blend into the mixture. Cook over low heat, stirring frequently for half an hour more. Serve hot.

You may add more chili powder if you like it hotter. 4-6 servings.



SALADS

GADO-GADO

2 carrots
2 medium potatoes
2 large tomatoes, peeled
½ cup crisp fried onion flakes
¼ cabbage, shredded
8 oz. green beans
6 lettuce leaves
1 small cucumber, sliced
hard boiled eggs

Peel and slice carrots and potatoes. Cook in boiling salted water until tender. Drain and cool under running cold water. String beans and cut diagonally in halves. Cook with the cabbage in boiling salted water for 5 minutes only.

Line a salad platter with lettuce leaves. Arrange cooked vegetables, diced tomatoes, and cucumber slices in attractive pattern. Sprinkle with crisp fried onion flakes and serve with wedges of hard-boiled eggs and peanut sauce. The traditional accompaniment to this vegetable salad is peanut sauce which is poured over the salad before serving.

(Peanut Sauce)

1 6-oz. jar crunchy peanut butter
1 tbsp. oil
1 onion, grated
1 clove garlic, crushed
1 cup coconut milk or water
½-1 tsp. chili powder
1 tbsp. toyo
2 tsp. brown sugar
2 tsp. lemon juice
salt to taste

Heat oil in a saucepan, add onion and garlic, Fry until light brown. Add chili powder and fry 1 minute longer. Blend in peanut butter. Add toyo, brown sugar, and lemon juice, mix in well. Stir in coconut milk and heat gently until boiling. Season. Sauce should be thin enough for dipping. If needed add a little milk.

GREEN BEAN SALAD

2 cups Baguio beans
¼ cups carrot, sliced
¼ cup cut-up tomato
3 medium onions, white or purple
½ cup mayonnaise, undiluted
½ cup salted water
a dash of lemon-pepper seasoning
paprika
vetsin

Cut beans "french style." Cut carrots "julienne" — in small strips. Cut half the onions into small pieces, the other half should be left in rings. Cut tomato in small pieces.

Heat ½ cup salted water to boiling. Add carrots and diced onions. Cook one minute. Add green beans. Cook 2-3 minutes. Do not overcook. Remove from heat; drain off water. Add onion rings and mayonnaise while hot. Mix carefully. Add lemon-pepper seasoning, vetsin, paprika. Cool for several hours or overnight in the refrigerator. Add more mayonnaise before serving if you like. Serve with cottage cheese. 4 servings.

CAMOTE-CHICKEN SALAD

1 kilo camote
2 chicken breasts, shredded
¼ kilo Baguio beans, diced
1 medium-size can pineapple chunks
1 medium onion, chopped fine
2 medium-sized carrots
¼ cup vinegar
¼ tsp. pepper
1 cup salad dressing
salt and pepper
vetsin to taste

Cook camote and dice. Cook Baguio beans and carrots; dice. Slice pineapple chunks into smaller pieces, then mix it with the other ingredients one at a time. Chill. 4-6 servings.

HOT POTATO SALAD

½ lb. bacon, diced
3½ cups cubed potatoes
1 onion, chopped
1 tsp. sugar
½ tsp. salt
¼ tsp. pepper
½ cup vinegar
1 beaten egg

Cook bacon until crisp. Remove from fat. Saute onions until tender. Combine potatoes, bacon, and onions. Add remaining ingredients to 2 tbsp. bacon drippings; heat thoroughly, stirring constantly. Pour at once over potato mixture, mix well.

Makes 6 servings. Can be served hot or cold, but is better when served hot. If it is too dry you can add a little mayonnaise just before serving. Good with lettuce and frankfurters.

CHICKEN-VEGETABLE SALAD

1 medium-size chicken
1 kilo potatoes
3 medium-size carrots
3 midium-size beets
1 can pineapple tidbits (no. 2)
2 boiled eggs
mayonnaise or salad dressing
4 stalks celery
3 tbsp. mixed pickles, chopped
1 onion, finely chopped
1 can asparagus tips
salt and pepper to taste

Boil chicken and shred. Boil potatoes, beets, carrots, and peel and dice. Chop celery finely. Drain pineapple tidbits. Mix all ingredients in a bowl and add mayonnaise, pickles, onions and seasons to taste. For garnishing, slice hard-boiled eggs and arrange alternately with asparagus tips. Chill. Serve cold. Makes 1 big bowl, serves 10.

CABBAGE AND SALMON SALAD

3 cups shredded cabbage
1½ cups flaked salmon
½ cup diced celery
½ cup peanuts
mayonnaise dressing

Mix all ingredients and let stand one hour. Chill before serving. Makes 4-6 servings.

TUNA-MACARONI SALAD

1 box 8-oz. macaroni
1 cup pineapple chunks
1 can tuna
½ cup sliced sweet pickles
¼ tsp. black pepper or lemon-pepper seasoning
¼ cup chopped onions
¼ tsp. vetsin
¼ cup evaporated milk
½ tsp. salt
¾ cup mayonnaise

Drain oil from tuna and slice. Cook macaroni in salted water. When macaroni is half-cooked, add chopped onions. Drain, mix with pickles, tuna, pineapple and milk-mayonnaise mixture. Add seasoning and let stand for 2-4 hour so flavors mix. Chill in refrigerator if possible. Chicken may also be used instead of tuna. Makes 6-8 servings.

Additional macaroni may be added if you are serving another protein dish.

CHICKEN SALAD WITH CELERY

2 whole chicken breasts
1 cup celery, cut in small pieces
¼ cup sweet pickles, finely cut
¼ cup sweet red pepper
¼ cup green pepper
lettuce
cucumbers
¾ cup mayonnaise
¼ tsp. vetsin
½ tsp. salt
¼ tsp. pepper
1 cup salted water
10 medium tomatoes
hard-boiled eggs

Boil chicken breasts in boiling salted water about 15 minutes or until tender. Remove from water, but save broth for soup. Remove meat from bone and cut in strips. Do not use skin or gristle. Cook red and green pepper in ¼ cup salted water for 5 min. Drain and dice. Add pepper to meat; add celery and pickles. Mix with mayonnaise-milk mixture. Add vetsin, black pepper, salt. Let stand for 2 hours so flavors will mix. If possible chill in refrigerator. Serve with tomatoes cut like flowers on a piece of lettuce. Sliced cucumber and sliced hard-boiled eggs are a good accompaniment although they are optional. Makes ten one-half cup servings.

CUCUMBER SALAD

3 medium cucumbers, sliced very thin
2½ tbsp. parsley or dill
¾ tsp. black pepper
1 tbsp. water
1 tbsp. salt
2 tbsp. sugar
½ cup vinegar

Place cucumber in bowl. Mix the salt in thoroughly with your hands. Press plate down on cucumbers and let stand for 1 hour. Drain off juice. Mix remaining ingredients. Pour over cucumber and let stand 15 minutes or more. Serve with meat or fish.

CUCUMBER AND PINEAPPLE SALAD

1 pkg. unflavored gelatin
1 cup diced cucumber
1 tbsp. lemon juice
green coloring
1½ cups drained crushed pineapple
¼ cup cold water
salt to taste

Soften 1 tbsp. unflavored gelatin in ¼ cup cold water. Drain a No. 2 can crushed pineapple; measure juice and add enough water to make 1½ cups. Boil, add gelatin and stir until dissolved. Add 1 tbsp. lemon juice, salt, and green coloring. Chill until mixture begins to thicken. Fold in 1 cup diced cucumber and 1½ cups drained, crushed pineapple and fill molds with the mixture. Chill until firm. unmold on crisp salad greens and serve with mayonnaise. 6 servings.

FROZEN FRUIT SALAD SUPREME

2 no. 2 cans pineapple tidbits (4 cups)
1 no. 2½ can fruit cocktail
1 bottle prepared kaong
1 bottle prepared Nata de Coco or Nata de Piña
½-¾ cup sugar
1 no. 2½ can peaches
1 pkg. diced marshmallows
3 medium-size fresh mangoes
2 cans of heavy cream or 2 bottles Avoset
½ tsp. kalamansi juice

Open all cans and bottles. Drain all the ingredients into a colander for ½ hour. Dice peaches and mangoes and drain. To prepare rich cream dressing, chill cream before beating (very important). Never freeze cream or else your dressing will curdle. Beat cream until foamy; add kalamansi juice and sugar gradually until cream is fairly thick. Combine this dressing with the drained fruits and marsmallows. Freeze in a molded dish or in an ice tube tray. Serve when frozen or partially frozen as a salad in a bed of greens or as a dessert in a fruit cup. 10-12 servings.

FRUIT SALAD FROST

2 bars white or red gulaman
1 no. 2 can crushed pineapple
1 lb. frozen strawberries
½ cup mashed bananas, 4 or 5
1 cup Nestle's thick cream (plain or soured with 1 tbsp. kalamansi juice)
4 cups water

Cook gulaman in water to dissolve. Pour into a big bowl. Add the strawberries. When thawed, mix in pineapple (and its juice) and bananas. Pour into container. Refrigerate until set. Spread top with cream. 6-8 servings.

HEAVENLY PINEAPPLE MOLD

1 pkg. lemon-flavored gelatin
1 cup boiling water
¾ cup syrup drained from crushed pineapple
1 tbsp. kalamansi juice
1¼ cups drained crushed pineapple
1 cup cheese, grated
1 cup heavy cream

Dissolve gelatin in boiling water. Add syrup from drained crushed pineapple and kalamansi juice. Chill till slightly thick. Fold in drained crushed pineapple, grated cheese, and heavy cream, whipped. Pour into mold, chill until firm. Serves 10.

CARROT AND RAISIN SALAD

Wash, peel, and grate three medium-sized carrots; add ¼ tsp. salt and 3 tbsp. raisins. Mix 2 tbsp. mayonnaise with 1 tsp. of evaporated milk and add to mixture. Mix well; chill for one hour or more. Serves 4-5.

THOUSAND ISLAND SALAD

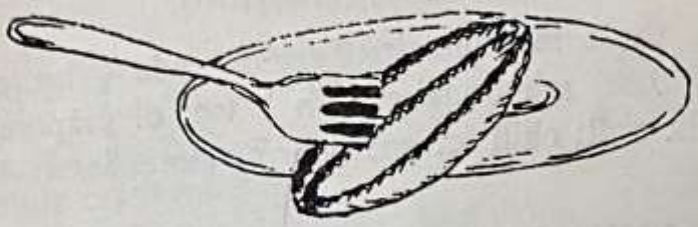
3 tbsp. vinegar
2 tbsp. salad oil
2 tbsp. catsup
½ cup mayonnaise
3 tbsp. sugar
salt to taste
2 cups grated cabbage
1 cup grated carrots

Combine salad oil, vinegar, catsup, salt, and refined sugar. Add mayonnaise and blend thoroughly. Spread mixture over cabbage and carrots. Decorate with crisp salad greens. Serves 4-6.

CRISP LAYER SALAD

1 can (1 lb. 4 oz.) crushed pineapple
1 pkg. lemon-flavored gelatin
½ bottle Magnolia cottage cheese
½ cup mayonnaise
1 cup grated carrots
2 cups shredded cabbage
½ tsp. salt
salad greens

Drain crushed pineapple well; measure pineapple syrup and add enough water to make two cups. Heat mixture to boiling. Pour at once over lemon gelatin and salt; stir until dissolved. Spread grated carrots in the bottom of mold; spread drained pineapple over carrots; then cottage cheese mixed with mayonnaise; lastly, the shredded cabbage. Pour gelatin mixture over all gently. Pierce mixture with a table knife in parts to make sure that the gelatin seeps through the whole mixture. Chill until firm. Unmold and serve over salad greens. 8-10 servings.



PICKLES AND RELISHES

WATERMELON PICKLES

2 quarts watermelon rind
2-3 tbsp. salt
1 quart water
1 pint vinegar (2 cups)
8 cups sugar
¼ tsp. oil of cinnamon
¼ tsp. oil of cloves

Use watermelon with at least ½ inch of white to the rind. Cut off green parts of rind, then cut the white part into cubes. Let watermelon pieces stand overnight covered by weak salt water (2-3 tbsp. salt with 1 quart water). Drain and boil in clean water until tender 10-20 minutes. Make syrup from vinegar, sugar, cinnamon, and cloves. Pour syrup over pickles. For the next 3 mornings, drain the syrup off the pickles and bring it to a boil, then pour it back over the pickles. On the third morning, put the pickles into a sterilized canning jar, cover with boiling syrup, and seal. If this is not practical, you can store the pickles in any covered container in the refrigerator. They should age for at least 6 to 8 weeks before being eaten.

MANGO PICKLES

Peel 3 green, big mangoes and cut into pieces. Mix in ½ cup of salt and about ¼ cup sugar. You may vary the amount of sugar to taste. Place in a clean jar with lid. Store for 2-3 days. Serve as a relish.

MEXICAN GUACAMOLE

2 avocados
3 tbsp. finely minced onion
1 large fresh tomato, chopped
2 tbsp. lemon juice
1 tsp. salt
2 drops of Tabasco sauce

Peel and mash avocado until smooth. Add other ingredients and mix well. Serve with tacos or potato chips.

CURRIED SHRIMP-PINEAPPLE RELISH

½ kilo boiled shrimps
6-8 slices canned pineapple
⅓ c. chopped onions
2 tbsp. calamansi juice
1 tbsp. curry powder
½ cup mayonnaise
salt to taste

Shell the cooked shrimps and remove the black veins. Cut the pineapple slices into eighths. Mix the mayonnaise with the calamansi juice, curry powder, salt, and onions. (Add more curry powder if you want it hotter.) Toss the shrimps and pineapple with the mayonnaise mixture and chill. Put a shrimp on top of each piece of pineapple and fasten with a toothpick. Arrange attractively on a dish or stick into half a cucumber.

This may also be served as a salad on greens.

BEET PICKLES

1 kilo beets
½ cup water
2 tsp. salt
1 cup vinegar
1 ¾ cups sugar

Remove top leaves and lower root of beets. Cover with water, bring to a boil, reduce heat and boil nearly one hour, until the center of the beet can be penetrated by a fork. Remove water and let cool. Rub between hands to remove the skin. Slice in rounds ¼" thick.

Mix vinegar, water, sugar and salt. Bring syrup to boil; add beet slices and boil for 5 minutes. Can in sterilized jars or keep in refrigerator. Beets will keep for a month or more. Yield: one quart.

MANGO CHUTNEY

6 green mangoes, medium, sliced thin
4 cups brown sugar
4 tsp. salt
1 cup vinegar
1 small box raisins
2 green peppers, sliced into strips
2 red peppers, sliced into strips
20 pieces red onions, sliced
1 head garlic, peeled and sliced

Make a syrup from sugar, salt and vinegar. Boil it until it forms a thread when you raise the ladle. Then add the mango and cook until it looks like crystal, then add all the other ingredients. Be sure not to overcook. Place in a jar. Cool and refrigerate.

BEVERAGES

PAPAYA LEMONADE

1 cup ripe papaya
½ cup kalamansi juice or undiluted Lemon Quik concentrate
3 cups cold water
¼-⅓ cup sugar

Mash papaya with the use of a blender or a strainer. Remove the stringy parts. Add water, sugar, kalamansi juice and mix well. Makes 1½ quarts. Tastes like orange juice and is a good base for other drinks.

Suggestions for serving:

Serve in small juice glasses for breakfast.

Thin with water and/or 7-up or Lem-o-Lime for merienda.

For floats — fill an 8-oz glass half full of undiluted papaya lemonade. Add two scoops of vanilla or fruit-flavored ice cream. Stir until ice cream is partially dissolved. Serve with straw or long-handled ice tea spoon.

Punch: use papaya mix, ice cream, add 7-Up or Lem-o-Lime to taste.

Salad: 1 pkg. Royal gelatin salad (lemon, pineapple, or orange). Dissolve in 1 cup boiling water. Add ¾ cup papaya mix. Fruit may be added.

FRUIT-TEA PUNCH

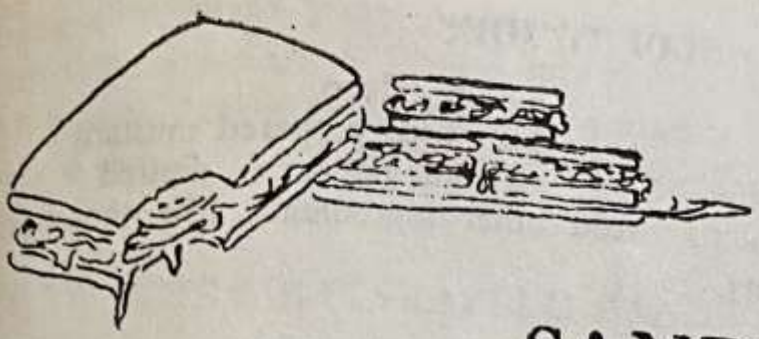
1 quart water
4 cups sugar
2 cups shredded pineapple
1 cup lemon juice
3 quarts water
2 quarts strong tea
3 cups orange juice

Boil 1 quart water and sugar for 1 minute. Cool and add pineapple, tea, orange juice, lemon juice, and water. Serve with ice. About 40 servings.

FROZEN FRUIT SALAD DRINK

¼ cup 7-Up or Lem-o-lime
½ cup frozen fruit salad
2 tbsp. orange juice (made with Orange Quik or other concentrate)

Use 6 oz. glasses. For each glass use the above ingredients. Make a fruit salad out of bananas and papayas.



SANDWICHES

HAMBURGERS

hamburger meat
gourmet sauce or worcestershire sauce
dry milk powder
bread crumbs
vetsin
onions
garlic
salt
pepper

Mix with your hand the meat, sauce, vetsin, onions and garlic. Add dry milk powder for this is good nutritionally and helps absorb the juices. To stretch the meat, add bread crumbs; season with salt and pepper. Form into thin patties larger than the buns. (Note: use hamburger and not ground roundsteak as the roundsteak does not have enough fat to fry well.

Heat skillet. Do not put any oil in the skillet. Put in 3 hamburger patties. They should brown quickly, but not burn. When brown, turn over. The patties shrink while cooking and become thicker, so start with thin patties so they will cook evenly. Remove juice or fat that accumulates before frying next patties. For cheeseburgers, top with slice of cheese a few minutes before hamburger is finished. Cover to help soften the cheese.

Buns: you may toast hamburger buns first under broiler. A nice touch is to brush tops with beaten eggs and sprinkle with sesame seed. Bake briefly to set egg.

CORNED BEEF FILLING

1 can corned beef
1 cup chopped onions
1 cup catsup
1 tbsp. shortening

Melt shortening. Cook onions until soft. Add catsup and corn beef and cook for ten minutes. Serve hot on toasted hamburger buns.

SLOPPY JOES

1 kilo ground beef
½ cup chopped onions
1 can chicken gumbo soup
¼ cup catsup
1-2 tbsp. prepared mustard
salt and pepper as desired

Brown meat and onions. Add other ingredients. Mix thoroughly. Serve over hamburger buns.

TOASTED CHEESE ROLL-UPS

1 loaf of sandwich bread
cheese, grated
butter
toothpicks

Cut off the edges of each slice of bread and butter. Spread with grated cheese and roll up, using toothpicks to fasten the roll. Place close together in a baking pan and bake at 425° until light brown. Serve hot. These are good when served with soup and fruit salad.

TUNA CUCUMBER TEA SANDWICH

1 7-oz. can tuna
1 large cucumber, pared and sliced ¼ inch thick
2 tbsp. lemon juice
2 tbsp. softened butter
¼ cup mayonnaise
¼ cup finely chopped celery
12 slices of bread
2 tsp. chopped green pepper
¼ tsp. salt

Drain oil from tuna and flake the fish. Add lemon juice, mayonnaise, celery, and pepper. Add salt and blend well. Spread on 4 slices of buttered bread, using ¼ cup of the tuna mixture to each slice. Top with buttered bread, buttered side down; then spread the butter on top of bread, lay cucumber slices on top, sprinkle lightly with salt and top with remaining bread. Wrap each sandwich in wax paper and chill before cutting to make it easier to cut. Then cut each sandwich in quarters. Place cut side up on serving plates. Makes 4 sandwiches or 16 tea-sized sandwiches.

TUNA PUFF SANDWICHES

1 7-oz. can tuna, drained and flaked
6 buns, halved and buttered
2 tbsp. chopped green pepper
¼ cup shredded cheese
¼ tsp. worcestershire sauce
1½ tsp. prepared mustard
1½ tsp. grated onions
½ cup mayonnaise
¼ cup mayonnaise
3 tomatoes, sliced

Mix tuna, worcestershire sauce, onion, mustard, ½ cup mayonnaise and green pepper. Blend well and pile onto bun halves. Top each with a

tomato slice. Blend ¼ cup mayonnaise with ¼ cup shredded cheese and spread on tomato slices. Broil 4 inches from heat until the topping puffs and browns. Makes 6 servings. For variation you may substitute 2 5-oz. cans of shrimp or 1 7½-oz. can of crab for the tuna.

CHEESE-PINEAPPLE SANDWICH FILLING

Grate Velveeta cheese. Mix with a little evaporated canned milk to soften. When very soft, add a little crushed pineapple. Spread on buttered bread.

RIBBON TEA SANDWICHES

1½ cup ground cooked ham
¼ cup chopped sweet pickles
¼ cup mayonnaise
½ tsp. prepared mustard
¼ cup finely chopped parsley
¼ cup soft butter
a dash of salt
1 cup grated processed cheese
1 small can pimientos, chopped

Make a ham salad filling by mixing cooked ham, sweet pickles, mustard, and mayonnaise. Parsley butter: mix parsley, soft butter, and a little salt. For cheese pimiento, add the chopped pimiento to the grated cheese (Queso de Bola may be used) and mix well. Butter a slice of bread and spread ham salad filling on it. Top it with another slice of buttered bread with the butter side down. Spread the parsley butter on this second layer and top it with another slice of bread. Butter the top of this slice and spread with cheese-pimiento filling. Top this with another slice of buttered bread. (You may use all white bread or alternate whole wheat and white bread.) Wrap the whole sandwich in wax paper and chill at least two hours. Unwrap and slice down through the layers. Each whole sandwich should be sliced into four tea-sandwiches about ½ inch thick. Tea sandwiches can be made a day ahead, wrapped in wax paper and a very damp dish towel and kept in the refrigerator. They are best served cold.

PEANUT BUTTER-RAISIN SANDWICH

Mix 1 tbsp. of peanut butter with 1 tbsp. of evaporated milk until smooth. Add 1 tbsp. of raisins and spread on one slice of bread. Cover with second slice.

CHICKEN SANDWICH EN CASSEROLE

12 slices bread
⅓ cup soft butter
2 cups chopped cooked chicken
⅓ cup finely chopped onion
½ tsp. salt
¼ tsp. pepper
2-3 tsp. prepared mustard
1 cup shredded cheese
2 tbsp. chopped pimiento
½ packet Royco cream of chicken soup
½ cup green peas

Heat oven to 350. Trim crusts from bread. Blend butter and mustard; spread on bread. Arrange 6 slices of bread, buttered side up, in oblong baking dish. Combine chicken, cheese, onion, pimiento, salt, and pepper. Spread chicken mixture evenly over bread slices in baking dish. Cut remaining 6 bread slices in half diagonally; arrange over filling, buttered side up. Combine soup and peas; spoon over and around sandwiches. Bake 25-30 minutes. 6 servings.

TUNA-KASUY SANDWICH

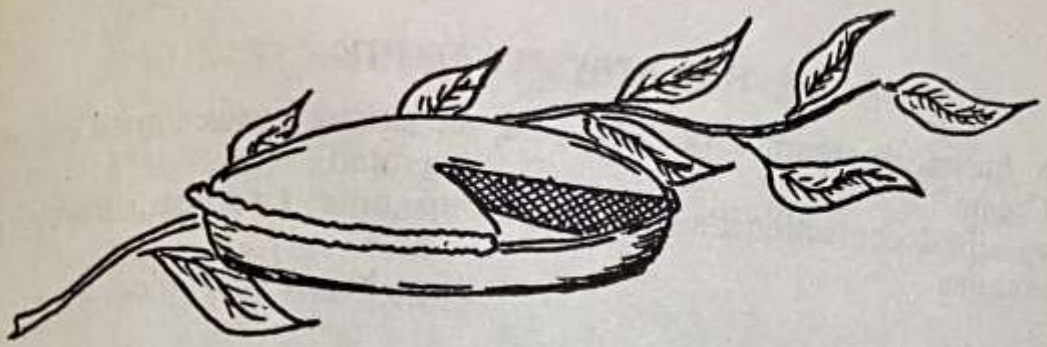
1 13-oz. can tuna, drained and flaked
½ cup coarsely chopped kasuy
½ cup finely chopped celery
½ cup mayonnaise or salad dressing
1 tsp. salt
¼ tsp. pepper

Combine all the ingredients and mix well. Chill. Makes enough filling for 6 sandwiches. May be served as a salad on greens.

COLD-CUTS SCRAMBLE

¼ lb. liverwurst, diced
2 slices cheese, diced
3 hard-cooked eggs, chopped
6 slices salami, diced
¼ cup finely chopped onion
¼ cup finely chopped celery
¼ cup chopped green pepper
2 tbsp. drained pickle relish
Few drops Tabasco
⅓ cup mayonnaise

Combine liverwurst, cheese, eggs, salami, onion, celery, green pepper, pickle relish, Tabasco, and mayonnaise. Chill. Makes enough filling for 6 sandwiches.



PIES

PIE CRUST

¾ cup plus 2 tbsp. flour
½ tsp. salt
⅓ cup Lady's Choice corn oil
2 tbsp. cold water

Mix flour and salt. Add oil; mix with fork until it looks like meal. Sprinkle with water, again mix with fork. Gather dough together. If it is too dry, add 1 or 2 tbsp. more oil. Press into ball. Immediately roll crust between two 12-inch square pieces of wax paper. Roll into a 12-inch diameter circle. Peel off top piece of wax paper; place crust in pan with the other piece of wax paper on top. Peel off this piece of wax paper, and fit pastry into the pan, trimming to leave a ½ inch overhang. Turn this under and flute edges. This recipe is for a nine-inch, one-crust pie or baked shell.

For baked shell: prick the bottom many times with fork. Bake 12-15 minutes at 450° until light brown. For unbaked shell: add filling, then bake as directed. If top crust is required, double above recipe.

MANGO PIE

5 mangoes (ripe or green)
½ cup sugar
1½ tsp. cinnamon (ground)
⅛ tsp. nutmeg (ground)
1 tbsp. kalamansi
1½ tbsp. butter or margarine
½ tbsp. grated kalamansi rind
few drops of vanilla
2 crust 9-inch pie pastry, unbaked
2 tbsp. cornstarch

Peel and cut mangoes into thin slices. Combine sugar, salt, cornstarch, cinnamon, and nutmeg and sift over mango slices. Blend gently. Place slices in a nine-inch pie plate lined with pastry. Dot with butter, sprinkle with vanilla, kalamansi, and kalamansi rind. Add top crust. Bake at 450° for 10 minutes, then at 350° for 45 minutes or until brown.

BANANA SPLIT PIE

⅓ cup butter, margarine or Dari-Cream
1½ cup sifted confectioner's sugar
2-3 bananas
2 eggs
1 tsp. vanilla
1 oz. square unsweetened chocolate, grated
¼ cup nuts (walnuts, kasuy, peanuts)
1 tbsp. kalamansi juice

Make pie shell and bake. Cream butter and sugar. Add eggs, one at a time, beating 3 minutes after each addition. Add vanilla. Slice bananas very thin and sprinkle with kalamansi juice or a little bottled lemon juice, but do not let bananas get sour. (Save 12 slices.) Fold bananas and grated chocolate into the cream mixture. Fill pie shell. Garnish with 12 banana slices and nuts. Chill 3-4 hours; serve the same day.

COCONUT CHIFFON PIE WITH MANGO

1 envelope plain gelatin
½ cup heavy cream
¼ cup flour
¼ cup water
¼ tsp. almond extract
1½ cups sugar
1½ cups milk
¾ tsp. vanilla
½ tsp. salt

Make a 9" pie shell with a high fluted edge and bake it. Soften gelatin in water. Set aside. Mix the sugar, flour, and salt in a saucepan. Gradually add milk. Cook this mixture over low heat until it boils and let it boil for 1 minute. Remove from stove and add softened gelatin, stirring until dissolved. Chill until partially set, then beat until smooth. Blend in vanilla and almond extract. Fold in gently the heavy cream which has been whipped stiff. Fold in meringue.

(Meringue)

½ cup egg whites (3 large eggs)
½ cup sugar
1 cup fresh coconut, grated
¼ tsp. cream of tartar

Mix cream of tartar with egg whites. Beat egg whites until stiff. Gradually add sugar and beat until glossy. Fold in 1 cup freshly grated coconut and fold into the pie mixture. Add topping.

(Topping)

Sprinkle the top of pie mixture with freshly grated coconut (½ cup) sweetened with 2 tbsp. sugar. Chill for 2 hours until set. Top each serving with diced ripe mango.

COCONUT CUSTARD PIE

3 eggs, yolk separated
1 cup fresh grated coconut
¼ cup sugar
2 cups evaporated milk
a pinch of salt

Scald milk by heating it gently until a film forms on top, but do not boil. Remove from heat and stir film into milk. Beat yolks with sugar and a pinch of salt. Add well-beaten egg whites. Stir in scalded milk and add coconut. Pour mixture in an unbaked pie crust.

Bake in hot oven (475°) for 15 minutes and moderate oven (350°) for 30 minutes more until crust is light brown. To see if custard filling is done, stick a knife in the center. If it comes out clean, it is done. The coconut rises to the top of the filling to form a brown crust.

PEACHES 'N CREPES

½ cup all-purpose flour
2 eggs
1 1-lb. can sliced peaches (or sliced mango)
crepe sauce
1½ tbsp. sugar
¾ cup milk
3 drops vanilla
a dash of salt

Sift flour; add eggs, sugar, milk, salt, and vanilla. Beat with a rotary beater till smooth. Refrigerate the batter several hours to let it thicken a little.

Heat a heavy 6-inch skillet till a drop of water dances. Then grease lightly and pour in 2 tbsp. batter. Lift skillet off heat and tilt from side to side till batter covers bottom evenly. Now cook till underside of crepe is lightly brown; then cook the other side. The cooking should take only seconds. Roll up crepes, place in chafing dish or skillet with peach slices. To serve, pour crepe sauce over all, heat through. Keep warm till ready to serve. Serves 5.

(Crepe Sauce)

½ cup sugar
1 cup orange juice or orange concentrate
½ to 1 tsp. orange peel
1 tbsp. cornstarch
1 tbsp. butter
a dash of salt

Mix sugar, cornstarch, and a dash of salt. Heat orange juice to boiling. Stir in sugar mixture. Cook and stir till clear. Remove from heat, add butter and orange peel. Stir till butter melts. Serve over crepes. Note: the crepes may be made a few hours in advance and stored in an air-tight container.

FAMOUS LEMON PIE

1 9-inch baked pie shell
3 tbsp. cream cornstarch
1½ cups boiling water
3 eggs, yolk separated
6 tbsp. sugar
¼ cup kalamansi (or lemon juice)
kalamansi rind
1½ cups sugar

Combine cornstarch, sugar, kalamansi juice, and kalamansi rind. Beat egg yolks; add to cornstarch mixture. Gradually add boiling water. Heat to boiling over direct heat and then boil gently for 4 minutes, stirring constantly. Pour into pie shell.

Beat egg whites until stiff but not dry. Gradually beat in 6 tbsp. sugar. Spread meringue over top of pie, carefully sealing in all filling by spreading meringue to touch edges of crust. Bake in hot oven 425°F. 4-5 minutes or until brown. Cool on a cake rack away from drafts. Serve cold.

FRENCH-STYLE FRUIT PIE

(Pie Shell)

1 cup sifted flour
¼ cup sugar
6 tbsp. butter or margarine
1 egg yolk

Sift flour and sugar into bowl. Cut in margarine until mixture is crumbly. Stir in egg yolk. Mix well with fork until pastry holds together and leaves side of bowl. Press into 8" or 9" pan. Bake at 375° for 20 minutes or until golden brown. (Use an 8" springform pan or cake pan with removable bottom if you have one; if you do not, use 9" pie pan.) Cool thoroughly. Fill. Then chill.

(Filling)

1 pkg. fruit-flavored gelatin (cherry, strawberry, raspberry)
1 cup boiling water
⅓ cup undiluted guayabano nectar or frozen Magnolia strawberries
1 cup mangoes, fresh or frozen
2-3 bananas, sliced very thin and dipped in kalamansi juice
¼ cup crushed pineapple or strawberry pieces
1 cup French vanilla ice cream

Dissolve gelatin in boiling water. Add juice and mix. Remove ⅓ cup and save. Add ice cream to gelatin in bowl. Mix until dissolved. Chill until silghtly thick (5 minutes). Arrange a ring of mangoes on top of filling in pie shell. Next make a ring of banana slices. Fill the center with crushed pineapple, or strawberries. Spoon the gelatin over the top, being sure all fruit has been firmly anchored in the gelatin. Chill 3-4 hours.

To serve: loosen pastry around edge with a knife. If you used a spring form pan or cake pan, remove carefully, leaving pie on the metal base. Place on serving plate, but do not remove from pie pan. Cut in thin wedges with sharp knife.

KALAMANSI CHIFFON PIE

1 envelop unflavored gelatin
1 cup sugar
4 eggs, yolk separated
2 tsp. grated kalamansi rind
⅛ tsp. salt
⅓ cup kalamansi juice
¼ cup water
1 9-inch baked pie shell

Mix gelatin, ½ cup sugar and salt in the top of double boiler. Beat egg yolks, kalamansi juice, and water. Add to gelatin mixture. Cook over the boiling water in the double boiler; stir constantly until gelatin is dissolved. Remove from heat and stir in rind. Chill slightly. Beat egg whites stiff and add ½ cup sugar gradually, continuing to beat. Fold gelatin mixture into stiffly beaten egg whites. Pour into baked pie shell. Garnish with whipped cream if desired.

BUKO PIE

2 young coconuts
2 cups milk
4 tbsp. cornstarch
4 tbsp. flour
⅔ cup sugar
3 egg yolks
1 tbsp. butter
1 tsp. vanilla

Shred the meat of the young coconuts in long strips and let stand for at least an hour to drain. Mix the milk, sugar, cornstarch and flour in a pan and boil until thick, stirring constantly. Add beaten egg yolks and butter; boil 1 more minute. Add drained young coconuts and blend in vanilla. Pour into prepared pie crust and cover with meringue, made from 3 egg whites and ⅓ cup sugar. Brown in oven. Chill.

TASTES-LIKE-APPLE PIE

2 green mangoes
4 sayote
½ cup sugar
1 tsp. cinnamon (or nutmeg and ground cloves)
½ tsp. nutmeg (if desired)

Peel, slice, and boil mangoes and sayote until tender. Drain liquid but leave 1 or 2 tablespoons so it will not be too dry. Add cinnamon and sugar to taste. Fill the pie shell, dot with butter, and top with crust. Bake for 45 minutes in 400° oven. If using dish heat to 375°.

CRISP TOPPING

1 cup flour
1 cup brown sugar
½ cup butter or margarine
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. cloves

Mix all the ingredients with pastry or your fingers until crumbly. Work lightly so mixture does not become oily. Spread on fruit filling. Pat down until it is firm.

Bake at 375° for 30 minutes or until fruit is done. Serve warm or cold. Note: Crisp Topping is good on an apple or mango pie. You do not need a pie crust, just pile fruit in a pie pan and cover with this topping. Serve with cream or ice cream.

CAKES AND COOKIES

THE EASIEST CHOCOLATE CAKE

3 cups flour
2 cups sugar
⅓ cup cocoa
1 tsp. baking soda
½ tsp. salt
2 tsp. vinegar
2 tsp. vanilla
⅔ cup oil
2 cups water

Mix together flour, sugar, cocoa, baking soda, and salt. Add water and mix well. Then add oil, vinegar, and vanilla. When the mixture is well blended pour into a 9" x 11" pan. Bake at 350° for 30 minutes and let cool.

(Frosting)

¼ cup water
2 cups confectioners' sugar
2 squares of chocolate
2 tbsp. margarine
1 tsp. vanilla

Melt margarine and the chocolate squares, then mix together. Pour in water and stir until blended. Add confectioners' sugar and vanilla. Beat until smooth.

EASY COFFEECAKE

¾ cup sugar
3 tbsp. shortening
½ cup milk (if water is used, add ½ tbsp. shortening)
1 egg
2 rounded tsp. baking powder
1½ cups flour

Cream sugar and shortening. Add milk, beat in egg. Sift baking powder with flour. Add to mixture and beat until batter is smooth. Pour into greased pan 7" x 11" or its equivalent and bake at 375° until brown and it springs back from a touch of the finger.

(Topping)

Melt 3 tbsp. butter or margarine and brush it on the cake while it is warm. Then sprinkle all around with a mixture of ½ cup sugar and ½ tsp. cinnamon. If nuts are available, sprinkle the buttered cake with ½ cup of chopped or crushed nuts.

BLITZ TORTE

1 cup Gold Medal All-Purpose flour
½ cup chopped kasuy nuts
½ cup margarine or butter
½ cup sugar
4 egg yolks
4 egg whites
3 tbsp. evaporated milk
1 tbsp. sugar
1 tsp. vanilla
1 tsp. baking powder
¾ cup sugar
½ tsp. cinnamon

Cream margarine and sugar (1 tbsp.) until fluffy. Add beaten egg yolks, vanilla, and milk. Beat in sifted flour and baking powder. Blend well. Spread mixture in two 9" round greased pans, set aside. Beat egg white until frothy. Add ¾ cup sugar and beat until stiff peaks form. Spread on unbaked mixture in 2 pans. Sprinkle with mixture of kasuy nuts, sugar, and cinnamon. Bake in a moderate oven at 350°F. for 30 minutes. Cool. Spread cream filling between layers.

Your Blitz Torte will be even better if you make your meringue out of 6 egg whites and 1 cup of sugar. However, you may have to beat it in two batches if you do it by hand.

(Cream Filling)

2 egg yolks
2 tbsp. margarine
3 tbsp. cornstarch
1 cup milk
½ tsp. vanilla
¼ cup sugar
⅛ tsp. salt

Melt margarine in top of a double boiler. Combine sugar, cornstarch, salt with melted margarine to form smooth paste. Add milk gradually, stirring until mixture thickens. Add egg yolks to the slightly thickened mixture and continue cooking. Add vanilla. Spread on the blitz torte as specified.

STRAWBERRY-FILLED CAKE

1 tube sponge cake, buy a ready made one (strawberry flavor is best)
1 pkg. whipped topping or 3 6-oz. cans of whipping cream
1 cup sliced strawberries

Prepare the cake by removing the inside of the cake, leaving the shell. Whip cream according to directions on the package. If you use whipping cream add sifted confectioner's sugar to taste. Fold in strawberries. Fill the space you have prepared in the cake. The filling should reach top of cake. If it doesn't, fit in some of the pieces you removed. Chill 4 hours.

RASPBERRY COCONUT MISSES

1 pkg. 3-oz. raspberry gelatin
1 cup fresh, shredded coconut
¼ cup or 4 egg whites
¾ tsp. almond extract
1 cup sugar
¼ tsp. salt

Blend together raspberry gelatin, sugar, and salt. While beating egg whites at high speed, gradually add raspberry-sugar mixture. Add almond extract and continue beating until glossy and stiff peaks form. Stir in coconut, then place brown paper on baking sheets. Drop mixture by heaping teaspoonfuls, about 2 inches apart on prepared sheets. Bake in a slow oven (275°) about 35-40 minutes.

ROLLED SUGAR COOKIES

½ cup Anchor butter
1 cup sugar
1 egg
1 tbsp. cream or evaporated milk
1 tsp. vanilla
2 cups flour
½ tsp. salt
1 tsp. baking powder
sugar topping

Cream Anchor butter and sugar until light. Add egg, milk or cream, and vanilla. Sift flour with salt and baking powder. Add to the creamed mixture. Mix thoroughly. Chill overnight and roll a small amount at a time, very, very thin on a slightly floured board. Cut with scalloped or round 1½ inch cutter. Sprinkle lightly with sugar. Bake 5 minutes in a moderate oven 350°F. Yield: 12 dozen small cookies.

THUMBPRINT COOKIES

½ cup finely chopped nuts
½ cup shortening (half butter)
½ cup brown sugar, packed firmly
½ tsp. vanilla
1 egg yolk
1 egg white
1 cup flour
½ tsp. salt

Heat oven to 350°F. Mix shortening, brown sugar, egg yolk, and vanilla thoroughly. Blend flour and salt, stir in. Roll 1 tsp. dough into balls. Dip into slightly beaten egg white. Roll in nuts. Place 1 inch apart on ungreased baking sheet. Press thumb gently into center. Bake 10 to 12 minutes. Cool. Fill holes with jelly or tinted confectioner's sugar icing.

Mix together 2 tbsp. soft butter or margarine, 1 cup sifted confectioner's sugar (powdered), and 1-2 tbsp. milk. Beat until smooth. Coat on Thumbprint Cookies.

DATE-NUT BREAD

½ stick margarine
1 pkg. of pitted dates
1½ cups white granulated sugar
2¾ cups all-purpose flour
1 cup nuts
2 eggs
1 tbsp. vanilla
2 tsp. baking soda
½ tsp. salt
1 tsp. baking powder

Preheat oven to 350°F. In large mixing bowl, cut up dates in small pieces. Add margarine and pour boiling water over this. Let it stand. Beat the eggs in another bowl and add sugar. Mix and add vanilla. Sift the flour and measure again. Sift together flour, soda, salt, and baking powder. Pour eggs and sugar mixture over date mixture. Then add flour mixture. Add 1 cup of broken walnuts or similar type unsalted nuts. Bake in 3 small or 2 medium-size greased loaf pans for about 50 minutes to one hour. Test in center with fork to make sure they are done. Cool in pans. Remove by running knife around edges and tapping bottom of inverted pans. Wrap in foil or waxed paper to keep fresh.

SEVEN LAYER BARS

1 cup graham cracker crumbs
1 cup coconut flakes
1 cup chocolate bits or grated chocolate
1 can sweetened condensed milk
1 cup chopped nuts
½ cup melted butter or margarine
1 cup butterscotch bits (if available)

Pour melted butter in a 7" x 11" or 9" pan. Sprinkle over the butter in layers the graham cracker crumbs, followed by coconut flakes, chocolate bits, butterscotch bits, and chopped nuts. Over the layers pour evenly 1 can sweetened condensed milk. Bake 30 minutes at 350 degrees. Cool and cut into bars.

RAISIN SWEETMEATS

⅓ cup chopped kasuy nuts
¾ cup chopped seedless raisins
¾ cups flour
⅓ cup corn syrup
2 tbsp. light rum
½ tsp. vanilla
½ cup powdered sugar
¼ cup butter

Chop raisins. Add rum and let stand for about 2 hours. Melt butter. Stir in flour, corn syrup, and vanilla, stirring over low heat 2-3 minutes until mixture does not stick to wooden spoon. Remove from heat. Stir in raisins. Spread in shallow buttered pan. Chill until firm. Cut into small squares. Roll into balls and coat with finely chopped nuts and powdered sugar. Makes about 30 balls.

PINEAPPLE UPSIDE-DOWN CAKE

⅓ cup butter
1 cup brown sugar
2 tbsp. whole pecans, or kasuy nuts
1 medium-sized can sliced or crushed pineapple (well-drained)

Melt butter in 9" x 9" baking pan. Spread the brown sugar evenly over the pan and arrange the slices of pineapple on the brown sugar, dropping the pecans in the open spaces. Cover this arrangement with cake batter:

(Cake Batter)

3 eggs, white separated
5 tbsp. pineapple juice
1 cup sugar
1 cup pastry flour
1 tsp. baking powder
1 pinch salt

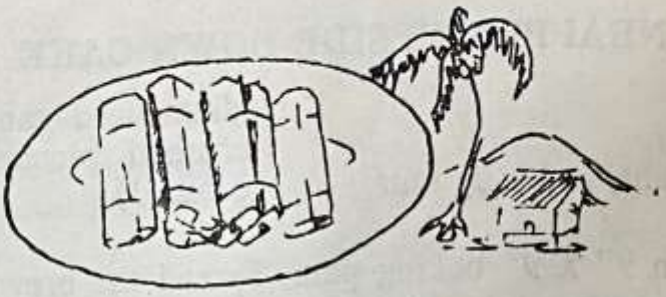
Beat the egg yolks until light and cream in the sugar. Add the pineapple juice and the flour which has been sifted and mixed with the baking powder and salt. Fold in stiffy-beaten egg whites.

Pour batter over pineapple in pan. Bake 40-50 minutes at 350°. When cake is done turn upside down on serving plate. Leave pan over cake a few minutes. Serve with whipped cream or plain.

COCONUT DAINTIES

2 egg whites
½ cup sugar
½ cup corn syrup
4 cups shredded coconut
½ cup flour

Beat egg whites until stiff. Add sugar gradually, folding it in to retain fluffiness. Continue folding while adding flour, corn syrup, and coconut. Drop the mixture by teaspoonfuls on a greased baking sheet. Bake 10-12 minutes at 375°F.



FILIPINO SWEETS

GUINATAN

2 large coconuts, grated
1 kilo camote peeled, cubed
10 large sab-a cut in pieces
½ kilo ube, peeled, cubed
⅓ cup sugar
2 glasses, cooked colored sago
1 kilo ground malagkit (galapong)
1 cup nangka if available, cut in pieces

Extract milk from grated coconut by adding one cup of water. Squeeze and strain. Set aside milk. Get more milk by adding more water and squeeze again. Repeat until all milk is extracted. You will have a quart or more liquid. Pour second extraction of coconut milk in a big casserole. Bring to a boil. Add camote, ube, saba, and nangka until half cooked. Add small balls of galapong. Add sugar and taste. When cooked, add sago and the first extraction of coconut milk. Serve warm.

PUTO ✓ 16.6

¼ cup softened margarine or butter
1½ cup hotcake mix
½ cup water
3 eggs

In a bowl, cream butter until light and fluffy. Blend hotcake mix and water with butter; beat until smooth. Add eggs, one at a time, beating well after each addition. Pour two tbsp. of batter into each of a 12-cup muffin pan. Steam for 6-7 minutes or until done. For variation, top puto mixture with wedges of salted eggs before steaming. Serve with guayabano punch.

CASSAVA IBUS ✓ 3.125

5 cups cassava pulp
2 cups thick coconut milk
2 tsp. vanilla
banana leaves, 6" wide
buri strips for tying
¼ tsp. salt

Extract coconut milk by adding 2 cups of water to get the grated coconut and squeeze the milk out. Set aside milk. Heat banana leaves then cut into pieces 6 inches wide. Wipe banana leaves with coconut meat on both sides and a piece of cloth to make them clean and smooth.

Peel cassava and wash. Grate and put the pulp in a basin. Add coconut milk, salt, and vanilla. Mix well and drop by spoonfuls on the cleaned banana leaves. Fold the sides and tie both ends and place in the kettle. Cover with water and cook until well done. Remove from kettle and cool. Serve with jelly or butter.

CASSAVA WITH ROSE GULAMAN BARS

2 gulaman bars
1 cup buko (shredded young coconut)
½ cup cassava flour
1 tsp. vanilla or lemon rind
2½ cups sugar
2 cups coconut milk
2 cups water
½ cup evaporated milk

Dissolve 1 cup sugar in 2 cups light coconut milk. Add young coconut, boil until soft. Remove from fire and set aside. Boil the gulaman separately with the remaining sugar and 2 cups of water in a kettle. When dissolved, sieve. Add to the mixture of young coconut. Dilute cassava flour using a small quantity of water. Add to the mixture. Add vanilla and cook 4 minutes. Pour in the milk. Mix again. Pour in molds to cool.

(Cassava Flour)

To make cassava flour: peel the cassava, wash and shred. Then squeeze until juice is extracted. Add water to the pulp and squeeze it for the second time. Let the juice stand for 3 or more hours. Then dry the pulp and grind until it becomes fine. Drain the liquid and dry the sediments. The cassava is ready for cooking.

STEAMED CASSAVA CAKE

6 eggs, yolks separated
1½ cups cassava flour
1 cup refined sugar
3 tbsp. baking powder
2 tsp. lemon juice
2 tsp. vanilla
¾ cup water
⅛ tsp. salt

Beat egg yolks until thick and lemon colored. Gradually add ¾ cup sugar while continuing to beat. Mix lemon juice with ¾ cup water, then add alternately with cassava flour. Beat egg whites until fluffy and add ¼ cup sugar gradually. Fold into the mixture. Pour batter into the ungreased baking pan. Then steam in a casserole big enough to accommodate baking pan for 30 minutes or until done.

Note: This recipe can also be baked following the same procedure.

SAB-A FLOUR CAKE

1½ cups sab-a flour
¾ cup sugar
6 eggs, yolk separated
5 tsp. kalamansi juice
4 tsp. baking powder
2 tsp. vanilla
¾ cup water
⅛ tsp. salt

Sift the flour together with salt and baking powder, two times. Set aside. Beat egg yolks. Add sugar and beat continuously. Add flour and kalamansi juice diluted in ¾ cup water alternately. Fold in egg whites beaten until stiff. Bake in oven 300 degrees for 20-30 minutes.

(Sab-a Flour)

To prepare sab-a banana flour: peel bananas and shred using a papaya shredder. Dry the pulp in the sun. When brittle, grind. Sift two times, then it is ready for cooking.

GABI, UBE, OR CAMOTE PASTE

3 medium-sized gabi roots
1 coconut, grated
1 cup brown sugar
1 cup cassava flour
2 tsp. vanilla or lemon rind

Add 1 cup water to grated coconut. Squeeze and sieve. Set milk aside. For second extraction, add 3 cups of water to coconut. Squeeze and sieve milk. Discard grated coconut.

Wash and cut gabi. Boil in a kettle until soft. Peel gabi and mash it fine. Dissolve the sugar in the second extraction of coconut milk over slow fire. When melted, add gabi then sieve and continue mixing. When the milk is almost absorbed, add the first extraction of milk to the diluted cassava flour and add to the mixture. Continue mixing until the dough is thick. Flavor with vanilla. Mix well again. Remove from fire and put on deep plates or bowl to cool. Chill.

MAZAPAN DE PILI

3 cups chopped pili nuts
1¼ cups sugar
1 tsp. lemon juice and rind
1 cup evaporated milk
½ cup water
3 egg yolks

Cook pili with sugar, milk, and water until thick about 5 minutes. Add egg yolks. Mix well. Add flavoring and cook 2 minutes more. Place in small paper candy cases. Brown in hot oven for 10 minutes.

Grated coconut may be used in place of the pili, in which case water is omitted.

FRUIT AND MOLDED DESSERTS

GOLDEN CAMOTE DESSERT

1 kilo camote
1 cup crushed pineapple, drained
2 cups water
2 cups sugar
¼ cup butter

Boil camote until cooked. Peel and slice. Boil water and sugar until slightly thick. Add camote slices and simmer. Stir occasionally to avoid sticking in the pan. Set aside. In another pan, boil ½ cup sugar and ½ cup water until thick. Add pineapple and simmer until mixture thickens. Add pineapple mixture to camote. Add butter and simmer until it melts. 6-8 servings. 1/2 e

RAISIN BUTTER

5 1.2-oz. packs California Seedless Raisins
¾ cup orange juice, fresh or made from a concentrate
1 tbsp. sugar
⅛ tsp. cinnamon
dash of ground cloves

In a saucepan, combine all ingredients. Simmer 10 minutes. Pour into blender, whir at high speed until smooth. May be used on toast or as filling in cookies. Makes 1½ cups.

FRENCH TOAST

16 slices day-old loaf bread
3 cups milk
4 tbsp. butter, fortified margarine or bacon drippings
4 beaten eggs
½ tsp. salt

Beat eggs, add salt and milk. Heat a heavy skillet and melt some of the fat in the skillet. Dip two or three slices of bread into the egg mixture and grill in the skillet. When brown, turn slices and cook the other side. Follow the same procedure with the remaining bread. Serve with Raisin Butter. Makes 8 servings.

BAKED PAPAYA

Cut a semi-ripe papaya into serving slices about ½ inch thick. Place on a baking sheet and generously dot with butter and brown sugar and some cinnamon, if desired. Bake in a moderate oven (350°F) for 20 to 30 minutes. Brown in broiler before serving.

BANANA CHIPS

Choose sab-a that is mature but sill green. Slice lengthwise into very thin pieces. Deep fry in corn oil until light gold. Add salt. To preserve its crispiness, store in an air-tight can.

BANANA-QUE #1

Fry ripe sab-a. Make a syrup of panocha or brown sugar and vater. Boil until thread stage. Put bananas in and keep mixing until sugar dries. Insert barbeque stick.

BANANA-QUE #2

Peel ripe sab-a. Dip in brown sugar. Fry in oil just deep enough to cover the banana until done. Insert barbeque stick.

BAKED BANANAS WITH COCONUT CREAM

6 firm sab-a bananas
1 cup grated coconuts
4 tbsp. melted butter
1 tbsp. cinnamon
½ cup cream
½ cup sugar
½ tbsp. kalamansi or lemon juice (optional — might make it sour)

Soak grated coconut in cream and place in refrigerator for 30 minutes. Squeeze liquid from the coconut and chill for whipping. Peel the bananas and place in a buttered baking dish. Mix butter, cinnamon, sugar, and lemon juice together and pour over bananas. Bake in 350° oven for 25 minutes, basting often. Whip the cream and serve with the hot bananas.

PINEAPPLE JAM

Peel a medium-sized pineapple. Take out eyes and pith, then chop into small pieces. Add 1 cup sugar and cook in a kawali until tender. Stir once in a while so the syrup won't burn.

POMELO WITH PINEAPPLE

Peel a ripe pomelo. Remove the covering of each section. Break up pomelo sections and mix with a can of pineapple tidbits. Pour in enough

of the pineapple syrup to drench the pomelo. Chill thoroughly. Spoon into attractive cups or cocktail glasses. Top with grated coconut, if desired.

LEMON REFRIGERATOR CAKE

1 sponge cake (recipe below)
1 can fruit cocktail (optional)
4 eggs, yolks separated
½ cup butter
¾ cup sugar
rind and juice of 1 lemon
whipped cream

Cream butter and sugar until very white and light. Beat in the egg yolks, grated rind and juice of the lemon. Fold in stiffly beaten egg whites, and drained fruit cocktail. Split sponge cake layer and line cake pan or dish with layer of sponge. Fill with alternate layers of sponge cake and lemon mixture, finish with sponge cake. Cover and chill for 12-24 hours. Turn out and cover with whipped cream and decorate. Serve with whipped cream or hot chocolate sauce. Makes 5-6 servings.

(Sponge Cake)

3 eggs
⅓ cup sugar
⅔ cup flour
a pinch of salt

Prepare a flat pan 8" x 10" by greasing and dusting with mixed flour and sugar. Whisk the eggs and sugar until thick and light. Sieve the flour and a pinch of salt, and gently fold into the mixture. Pour into the cake pan and bake in 375° oven for 10 minutes.

PINEAPPLE ICEBOX DESSERT

1 egg, well beaten
2 cups crushed pineapple, drained
½ cup margarine or butter
½ lb. vanilla wafers
3 tbsp. evaporated milk, undiluted
1 cup chopped nuts (pili or kasuy)
⅛ tsp. salt
maraschino cherries (optional)

Cream butter and sugar. Add egg, milk, nuts, pineapple, and salt. Beat thoroughly. In a 7" x 11" serving dish place a layer of vanilla wafers, then add the pineapple mixture. Continue in this manner, ending with the pineapple mixture. Place in refrigerator overnight. Serve with whipped cream. Garnish with maraschino cherries. 6-8 servings.

COLD PINEAPPLE

1 pkg. Royal gelatin, any flavor
1 pint vanilla ice cream (or 2 cups)
sugar to taste
1½ cup hot water
1 cup crushed pineapple

Dissolve gelatin in hot water. Chill until thick. Add ice cream, pineapple, and sugar. Chill. 6-8 servings.

PINEAPPLE PUFF

1 envelope unflavored gelatin
4 eggs, yolk separated
2½ cups (1 lb.) crushed pineapple
⅓ cup kalamansi or lemon juice
1⅓ cups condensed milk
¼ tsp. salt

Sprinkle gelatin over lemon juice to soften in top of double boiler. Add slightly beaten egg yolks and salt. Cook over hot water, stir until gelatin is dissolved (about 3 minutes). Stir in condensed milk, pineapple syrup. Remove from heat and put in ice water. Stir mixture frequently until it mounds slightly when dropped from spoon. In a large bowl, beat egg white until stiff but not dry. Thoroughly fold gelatin mixture into beaten egg whites. Turn into prepared pan (souffle pan with foil collar) and chill in refrigerator 4-5 hours or until firm. 6-8 servings.

PINK GEL SURPRISE

3-oz. pkg. cherry-flavored gelatin (or raspberry flavor)
drained crushed pineapple, ripe mango cubes or nata de piña
1½ cup evaporated milk, frozen
½ cup water
½ cup shredded cheddar cheese
cookie crumbs or crushed peanuts

Boil ½ cup water and stir in cherry gelatin. Chill till slightly thickened but not jelled. Beat chilled evaporated milk until very thick and doubled in volume. Slowly pour in cherry gelatin, beating until smooth. Pour into parfait or cocktail glasses layered with shredded cheese, crushed pineapple or mango cubes, and sprinkled with cookie crumbs or peanuts. Chill well. 6 servings.

SWEETHEART FLAN

⅓ cup granulated sugar
4 eggs slightly beaten
1 tall can evaporated milk
1 tall can sweetened condensed milk
1 cup cheddar cheese, shredded
⅓ cup granulated sugar
1 tsp. fresh orange rind or ½ tsp. powdered orange rind
1 tsp. vanilla extract
¼ tsp. lemon extract

Caramelize the first ⅓ cup sugar in mold to line pan. Combine all ingredients in a small bowl and mix well. Pour into pan. Bake at 300°F in a pan of water for 2 hours. Cool slighly before inverting. Serves 12.

CHARLOTTE

2 envelops unflavored gelatin
4 eggs, yolk separated
2 cups evaporated milk
1 cup whipped cream or chilled evaporated milk
1 tsp. vanilla
¼ tsp. salt
¼ cup cold water
½ cup sugar

Soak gelatin in cold water. Scald milk. Add sugar, salt, and gelatin. Separate egg yolk from egg white. Beat egg yolks, stir a little hot milk mixture in it and pour mixture into the rest of hot milk. Cook in double boiler till thick. Chill for 20-30 minutes. Beat egg whites till stiff, fold cold mixture into egg whites. Add vanilla and 1 cup whipped cream. Pour in mold and chill. This recipe is good for convalescing patients.

FUDGE SAUCE FOR ICE CREAM

2 cups confectioners' sugar
6 tbsp. evaporated milk, undiluted
1 tsp. vanilla
½ cup cocoa
¼ cup margarine

Melt margarine in small saucepan. Add cocoa and mix until melted. Add milk and mix. Add sugar gradually. When mixture is well-mixed, stir in vanilla. Makes 2 cups. Serve warm over ice cream. It becomes thicker as it cools. You may garnish your fudge sundae with whipped cream and cherries.

BANANAS WITH SESAME SEEDS

6 sab-a bananas
2 egg whites
2 tbsp. cornstarch
2 tbsp. flour
½ cup & 2 tbsp. sugar
3 tbsps. oil
1 tbsp. sesame seeds
oil for frying

Half bananas lengthwise. Mix unbeaten egg whites with flour and cornstarch to make batter. Mix well. Add banana halves and mix well (don't break bananas). Coat them well. Heat oil for deep fat frying and when hot enough, fry bananas until light brown. Remove from oil and drain.

When ready to serve, heat 3 tbsps. of oil and sugar in heavy pan until sugar melts. Stir constantly. Add banana slices and sesame seeds, turning them to coat them well. Place bananas on a buttered and oiled hot platter and put on a tray with a bowl of water full of floating bits of ice. Pick up each banana slice with tongs and dip in ice water quickly and serve right away. This causes syrup to become crisp and brittle.

With guests, you can fry bananas ahead and make syrup at the last minute.

TEENAGE SPECIALTIES

MEXICAN TACOS

½ kilo hamburger
2 tsp. salt
Tabasco sauce
1 cup tomato sauce
⅛ tsp. pepper
shredded lettuce
grated cheese
1 cup flour
1 cup corn meal
1 tbsp. shortening
1 egg and ½ cup water
fresh tomatoes, chopped
onions, chopped
½ tsp. salt

For meat sauce: brown hamburger in a skillet. Add salt, tomato and tabasco sauce, and pepper. Simmer for 5-10 minutes. To make Tacos, combine flour, corn meal, and salt. Cut in Purico or shortening. Combine egg and water. Sprinkle over flour mixture and stir with fork. Divide into 12 portions, roll on floured surface to 6" circles. Fry in hot deep fat for 1 minute. To serve: fill tacos with meat sauce. Add tomatoes, lettuce, onions. and cheese.

QUICK PIZZA DOUGH

¼ cup warm water
2½ tsp. dry yeast
1 tsp. sugar
¼ cup boiling water
2 tbsp. shortening
½ cup cold water
3 cups sifted flour
1 tsp. salt
1 tbsp. sugar

Dissolve 1 tsp. sugar in ¼ cup warm water. Sprinkle the yeast in slowly. Stir gently to dissolve. Set aside. Dissolve shortening in ¼ cup of boiling water. Add cold water and cool to lukewarm. Add yeast mixture. Beat in sifted flour, salt, and 1 tbsp. sugar. When blended let stand for 15 minutes. Divide into two parts. Flatten into pancakes and press to form 12" circles. Use pizza pans or cookie sheets. Brush with olive oil and add filling given below. Bake 15-20 minutes at 450°F.

EASY PIZZA

1 pkg. dry yeast or 2½ tsp.
1 cup warm water
3½ cups sifted enriched flour
1 tbsp. olive oil
1 tsp. salt

Soften active dry yeast in warm water. Dip in ½ cup of the flour. Mix in 1 tbsp. of olive oil and salt. Stir in remaining flour. Knead

on lightly floured surface until smooth and elastic for about 12 minutes. Dough will be very firm. Place in lightly-greased mixing bowl. Turn to bring greased side up. Cover and let dry in a warm place until more than double, about 1½ hours. Punch down, cover, and place in the refrigerator until cold. Cut dough into 2 parts on lightly floured greased cooky sheet or 12-inch pizza pan turning edges of dough up lightly. Gash bottom about every 2 inches to prevent bubbles. Brush crust with 1 tbsp. olive oil. Fill and bake. Makes 2 crusts. Bake at 450°F for about 15 to 20 minutes.

(Filling of Pizza)

4 tbsp. cooking oil
½ cup chopped green pepper
6 cloves garlic, crushed
½ tsp. salt
½ cup shredded cheese
1 bay leaf
4 tbsp. chopped onions
2 cups diced ham sausage
1 can tomato sauce (8 oz.)
black or green olives
anchovy fillets
pepper to taste

Heat oil in pan and saute garlic, onion, ham sausage, and green pepper. Stir in tomato sauce, bay leaf, salt, and pepper. Cook for 3 minutes and place on crust. Sprinkle with shredded cheese and form a lattice appearance with the washed anchovy fillets. Garnish with slices of olives. Bake in hot oven 450°F for about 15 to 20 minutes.

Both the Easy and Quick Pizza recipes make a good crisp crust. The Easy Pizza is easier to spread, but the advantage of the Quick Pizza dough is that you can make it at the last minute.

POPCORN BALLS

½ cup popcorn
6 tbsp. butter or margarine
syrup

Place 3 tbsps of butter in 2-3 quart sauce pan. Heat until 1 kernel of corn dropped in pan pops; add ¼ cup popcorn, reduce heat, and shake over heat until corn stops popping. Place popped corn in large pan. Repeat the process with remaining popcorn. Pour syrup over popcorn. Stir well. Mold into balls about 4" in diameter, but do not pack too hard.

(Syrup)

⅓ cup corn syrup
1 cup sugar
⅓ cup boiling water
1 tsp. cream of tartar
1 tbsp. vinegar
1 tbsp. butter melted
1 tsp. vanilla
pinch of baking soda

Combine syrup, sugar, water, and vinegar. Heat to boiling. Add cream of tartar. Boil to hard crack stage (275°-280°F). Remove from heat. Add butter, baking soda, and vanilla.

LASAGNE

400 grams pork sausage
200 grams hamburger
6-8 pieces Lasagne noodles
¼ cup onions
salt
6 family size cans (12 oz.) Hunt's or Del Monte Spanish Tomato sauce
1 4-oz. carton cottage cheese
1 kilo grated cheese, use mozzarella if you can

Cook sausage until no longer pink. Drain from fat and set aside. Remove most of fat from pan. Brown onion. Add hamburger and cook until it becomes light brown. Do not overcook meats. Add salt.

Pour half a can of tomato sauce in bottom of casserole. Place layer of noodles (3 pieces should cover the casserole). Sprinkle ½ of the sausage and ½ of the cottages cheese over the needles. Spread ½ can of tomato sauce over the top. For next layer use all the hamburger, half the grated cheese, and ½ can of sauce. The third layer is the same as the first — sausage, cottage cheese, sauce, noodles. On the top layer spread all the leftover meat, cheese, and sauce. Cover. Bake at 350° for 1 hour.

(LASAGNE NOODLES)

3 eggs
salt and flour

Beat eggs and salt together. Add flour until you make a dough that is stiff. Divide into fifteen pieces. Shape them into pieces the size of your thumb. Cover and let stand for ½ hour. Roll out each piece on floured surface (or tile is good) until 13" long. The noodles stretch and then shrink back at first, so roll them until they keep their shape. They should be about the thickness of a cartolina. Let dry. Store in air-tight container. To cook: boil in salted water about 15 minutes. Handle carefully so they do not break. Drain well. You can rinse in cool water if you wish to cool them.

The recipe given here makes 15 noodles. This is enough for a 9" x 13" casserole plus one smaller one. If you don't want to make an extra casserole, use the leftover noodles in the soup. It is somewhat easier to make the dough in two batches using the amounts listed above.

Lasagne is very good for a buffet party. If you allow time for it to cool after taking it out of the oven, it will hold together better when served, and it will taste better. Good with green salad, garlic bread, soft drinks.

NOTE: For pork sausage, you can use the recipe on page 5.

FEEDING YOUR BABY

BEFORE BIRTH:

A mother must be well-nourished as the growing baby gets all his nutrients from her. She should eat double portions of body-building foods and of protective foods.

Body-building foods (protein foods) — these are fish, meat, milk, mongo, and other dried beans. Best buys are egg, dried fish (especially dilis), liver, and mongo.

Protective foods (vitamin and mineral foods) — these are green, leafy vegetables, yellow vegetables, yellow fruits. The best nutrition for the money comes from carrots, gabi leaves, malunggay, camote, mangoes, and "mais."

MILK:

Breast-feeding should begin immediately, as the colostrum helps prevent disease. Milk comes in on the third day. You should breast feed for at least 6-8 months.

Bottle feeding is expensive and risky, but if you have to bottle feed, use evaporated milk (not filled milk) or the special powdered milk for babies. Your doctor will give the correct formula. Be sure to sterilize bottles, nipples, and milk correctly.

SOLID FOODS:

Since breast milk does not increase after 4-6 months, it is necessary to add other foods. Many babies 6-12 months old are half-starved because they are given only milk and "lugaw" (soft cooked rice). Poor nutrition in the early years of a child's life affects physical and mental development.

Begin early

4-6 months: mashed and sieved cereals, vegetables, fruits and meat.
7-9 months: mashed only
10-12 months: soft foods
12 + months: family food with extra body-building and protective foods.

Be generous

Before 6 months: breast feed first, then give small meals 1-3 times a day.
After 6 months: 3-5 meals a day. Milk may be given by a cup with the meal followed by breast feeding.

Balanced diet

Staple foods: rice, mais, camote, gabi
Body-building foods: fish, shellfish, dilis, shrimp, egg, milk, chicken, liver, mongo, other beans, finely ground peanuts.
Vegetables (green leafy or yellow): malunggay, carrots
Yellow fruit: mango, papaya, lacatan banana
Vegetable oil: a little each day after 7 months.

Like everyone else, babies like food that tastes good. However, highly seasoned food is not good for young babies.

CAMOTE AND MONGO MASH

2 tbsp. camote
2 tbsp. mongo beans
1 tbsp. milk powder
1 tbsp. sugar
1 cup water

Boil beans until soft (½-1 hour). Mash. Boil unpeeled camote until soft, 10-20 minutes. Remove skin and mash. Mix and sieve for small infant. Mix sugar, milk, and water. Add to other ingredients. Simmer 5 minutes, stirring occasionally. Serve warm.

A FEW SUGGESTIONS:

1. Boil chicken to make a broth lightly seasoned with salt. Cook vegetables such as carrots, white potato, camote, leafy green vegetables or sayote in the broth. You may add a little fish. When vegetables and fish are very soft, mash them well. Mix with broth. When cooking soup for the family, put vegetables for the baby in the soup. Remove when soft and mash.

2. Add wheat germ to rice, vegetables, soup for added nourishment.

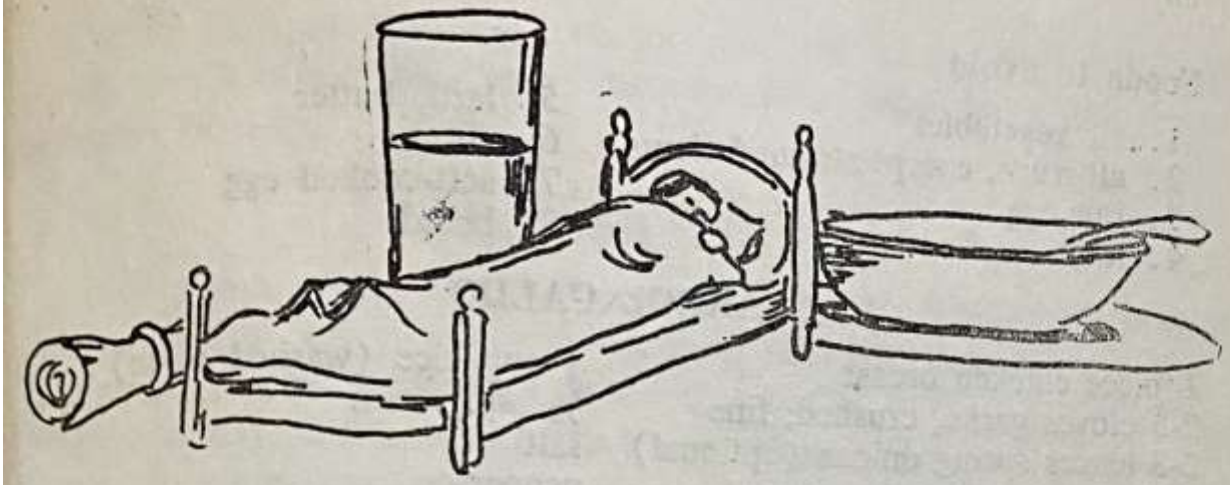
3. Use graham crackers in place of cereal. Break into pieces and mix with milk. If you are travelling, this is an easy way to take the cereal with you.

4. Boil mongo beans until very soft. Mash. Add a little sugar and milk. For older children, add ice and serve like halo-halo.

5. Though lacatan bananas have a good supply of vitamins, they are usually too hard for babies under 8 months. Choose a softer variety.

6. Use canned or packaged soups after baby is 6 months old. Choose cream soups first. Later add vegetable soup. However, do not give corn kernels.

7. Gelatin and gulaman are high in food value and popular with babies.



SPECIAL DIETS FOR THE SICK

At one time or another, someone in the family is apt to come down with the "runs." Doctors call it various names, from diarrhea to some long-winded unspellable names. Whatever it is, common sense dictates that one should not tax the digestive system. Following are some simple diets made from materials easily available in our grocery stores and, most important of all, easily concocted in our kitchens.

Low residue diets: diets which have very little, if any, bulk in them. They may be rich in nutrients, or plain "fillers" depending on the content of the dish.

Foods to include

1. good cuts of beef without fat
2. hard-cooked eggs
3. gelatin
4. dextrose, karo syrup
5. concentrated broths
6. rice
7. cottage cheese
8. strained oatmeal
9. strained fruit juice

Low fat diets: usually become necessary when someone in the family has a stomach upset. Below are some suggested foods and recipes which may be cooked for the ailing member of the family.

Soups: skim all soups-nilaga or sinigang with lean meat, chicken, or fish.

Meat: broiled, boiled, or baked lean beef, veal, chicken, fish, or crustaceans.

Carbohydrate foods: rice, noodles of all sorts (boiled, never sauteed)

Bread: plain — no rolls or pastries

Dessert: starchy fruits in syrup, candies without nuts

Beverage: skimmed milk, fruit juices

Condiments as tolerated

Foods to avoid

1. all vegetables
2. all fruits, except strained citrus
3. raw egg
4. milk
5. lard, butter
6. cheese
7. soft-cooked egg
8. bread

ARROZ CALDO

1 piece chicken breast
2-3 cloves garlic, crushed, fine
2-3 leaves spring onions (optional)
½ tbsp. corn oil
¼ cup rice (washed clean)
⅛ tsp. vetsin
salt
pepper

Boil chicken breast in 4 cups of water until tender. In separate pan, saute garlic in corn oil until golden brown. Set aside, then transfer chicken meat and rice into pan. Pour in broth of chicken and set to boiling with low fire until rice is cooked. Be sure the broth remains the same quantity by adding water as the broth diminishes. Add salt and pepper and vetsin to taste. Garnish with shredded spring onions to serve. Makes 2-4 servings.

NOTE: This may be a thin gruel. Add rice and/or water if you need to make more. To make the broth more tasty, you may add a cube or two of chicken bouillon cubes, depending upon the quantity made.

BRAIN SOUP

1 whole pig's brain
2-3 cloves garlic, crushed fine
1 small white onion
1 roll misua
4-5 cups of water
1 tbsp. corn oil
salt
pepper

Scald pig's brain and peel off tissue. Then chop into small pieces. Set aside. Saute garlic and onion in corn oil. Add chopped brain. Add water and set to boil. The brain is cooked when it is white and the small blood vessels dark brown instead of red. Add salt and pepper to taste. Add misua and boil another 2 minutes or until misua is cooked. Serve immediately.

BASIC RECIPE FOR GELATIN

1 bar native gulaman
1 cup water (substitute 1 cup canned fruit juice, strained when possible)
1 cup ice cold water or substituted cold fruit juice
¼ cup sugar

Boil 1 cup of water. Add sugar and boil till dissolved; add gulaman after washing and shredding into tiny pieces. When gulaman is completely dissolved, remove from the fire and add cold water or cold fruit juice. Pour into mold. Makes 2 servings.

NOTE: One can use the gelatin for base and use concentrated soup or soup from bouillon cubes as a substitute for the one cup of fruit juice for variety of taste.

BROILED FISH

Broiled fish makes one of the more tasty and appetizing low-fat, low residue diets for people with diarrhea and a good number of stomach upsets. Some suggestions on the type of fish to broil are: bangus, dalag (mudfish), banak, hito (catfish) pampano, and tilapia. To make broiled fish more tasty, one must choose freshly caught fish, gut it and rinse off any blood or slippery tissue-like materials inside. Rubbing with salt and/or vinegar and rinsing off very well usually does the trick especially for the fresh water mudfish and hito. To broil fish plain, just add salt and serve with lemon or vinegar with onions or garlic, depending upon taste of individual. Some people like it broiled with the insides stuffed with a mixture of chopped tomatoes and onions seasoned with salt and pepper. Broiled fish is usually served with rice boiled soft or lugao for the first solid meals of patients with stomach upsets.

CHICKEN CONSOMME

Giblets of 1 or 2 chickens
1 carrot, sliced
1 stick of celery, cut up
2 leeks, cut up
1 onion, sliced
2 cloves
8 cups of water
salt and pepper to taste
2 tbsp. tapioca

Boil the water with the vegetables, salt, and pepper. Clean the giblets (neck, feet, gizzard, liver, and wing joints nearest the body) and put them in the boiling water. Simmer for an hour or until the giblets are tender (or pressure cook for 20 minutes over a low flame). When the giblets are cooked, strain the soup. Thicken with tapioca and cook for 10 more miutes. 4-6 servings.

GARLIC SOUP

Divide the garlic into cloves and peel off the outer skin. Put in a pan containing the boiling water to which salt has been added. Boil for about 10-15 minutes. Meanwhile, fry the bread in a little butter or margarine until golden brown. Put the fried bread at the buttom of the soup tureen. Remove the soup from the fire and strain it. Add the egg yolks and 1 tbsp. of butter, stirring all the time. Pour immediately into the soup tureen. 4 servings.

PLAY MATERIALS FOR CHILDREN

EASY PASTE

Add water to flour and put in a can. Heat over slow fire and stir until it reaches a good consistency for paste. Only make a small amount at a time as any used paste of this type will spoil in 2 days, even when kept in a covered jar.

LONGER-KEEPING PASTE

1 cup flour
1 cup sugar
1 quart water
1 tbsp. powdered alum
½ tsp. oil of cloves or oil of wintergreen

Mix flour and sugar together and slowly stir in ¼ of the water. Bring the remainder of the water to a boil and add the flour-sugar mixture. Stir until clear. Add the alum and stir until completely mixed. Remove from the stove and add oil of cloves or wintergreen to keep the paste sweet. This makes 2 quarts of paste. Keep in a tightly-covered jar in a cool place. Thin when necessary by adding water and stirring.

BOOKMAKER'S PASTE

1 tsp. flour
2 tsp. cornstarch
1½ tsp. powdered alum
3 tbsp. water

Mix the dry ingredients. Add water slowly, stirring out all the lumps. Cook over slow fire, stirring constantly. Remove when the paste begins to thicken. It will thicken more at it cools. Keep in covered jars. Thin with water if necessary. Powdered alum may be found in a drug-store.

FINGER PAINT

½ cup laundry starch
1 quart boiling water
½ cup soap flakes (not detergent)
You may use Ivory Flakes or shave laundry soap into flakes
½ cup talcum powder
1 tsp. glycerin (optional)
tempera paint or food coloring
a little cold water

Stir the cold water into laundry starch. Pour the boiling water over this. Bring mixture to a boil, stir it constantly until thick and smooth. Remove from fire. Add soap and talcum powder. Beat with a rotary beater. Add color and glycerin. Cool and put in containers. To color, stir paint or food coloring into each jar.

HOW TO USE FINGER PAINT

Select paper with a smooth, shiny surface. Shelf paper is good. Place newspaper on the table where you will paint. Dip the paper, on which you will paint, in water, then lay it on the newspaper. Place a spoonful of finger paint on the paper. Then use your fingers to spread the paint in whatever designs you wish! Don't be afraid to use your whole hand to make different textures and designs. Several colors may be used in one picture. Let painting dry. Be sure to use only washable coloring so hands can be cleaned easily.

SAWDUST MODELING MIXTURE

Mix 1 cup of sawdust with ½ cup wallpaper paste or a flour-water type of paste (see Bookmaker's Paste). Add enough water to make a soft dough. Mixture may be molded over a wire frame or another object or shape as desired. It is very good for making relief maps without a wire frame. It can be painted when dry.

Note: In rainy season the mixture may not dry easily and might mold. If the object is not too big, you can dry it in an oven. Heat oven to low and bake object for several hours.

WINDOW PAINT

½ cup liquid cleaning solution like Bon Ami, Mr. Clean, etc.
water
½ cup alabastine*
½ cup dry tempera paint

Mix dry ingredients and add enough water to make a paste. This mixture may be painted on the window with a small brush or clean rag. It may be wiped off easily with a damp cloth and does not mark the window in any way. It is nice for Christmas scenes.

* Alabastine is another name for glass paint or Whiting. It comes in powder and is obtained at hardware or paint stores. If you can't get alabastine, try this recipe with just tempera paint and a liquid cleaning solution.

PAINT EXTENDER

Make a thick "gravy" of cornstarch and water. Cook over a fairly low heat until thick. Add 2 tbsp. of this mixture to each jar of paint. This will extend the paint and thicken it so there will be less dripping. It also improves the texture, making the paint smoother.

PLAY DOUGH

2 cups flour
food coloring or watercolor paint
1 cup salt
2 tbsp. olive oil or any other kind of cooking or mineral oil

Mix flour, salt, oil, and coloring. Add water little by little to the mixture until you can shape it. Knead the dough and place in a plastic bag. This dough may be rolled, cut with cookie cutters and decorated.

CLAY

2 cups baking soda
1 cup cornstarch
1½ cup water (add food coloring to water if you wish)

Cook to boiling, stirring until dough-like. Remove from heat, cover with damp cloth. When cool enough to handle, knead a little. You may glue glitter or sequins on or just press them in. Shape. Place on baking sheet in 350°F oven (turned off) until dry.

EASTER EGGS

The eggs: When using hard-boiled eggs, it is better if they are still hot. For hollow shell, prick holes in both ends of a raw egg. Blow hard into one hole and the egg will come out the other hole. Wash the shell and let it drain dry.

Coloring: Place a teaspoon of vinegar in a coffee cup. Fill the cup about ⅔ full of hot water. Add food coloring. Place the egg on a spoon or in a holder and lower carefully into the water. When it is the color you want, remove it from the water, drain off excess water, and place on newspaper to dry.

Designs: You may use white crayon to make designs on the egg before you color it. This will keep the coloring off the egg shell.

You may draw designs afterwards with crayons. Pentel pens could also be used to make designs. Some pentel pens are water colors and will come off if the egg gets wet. Others are water-proof. If you use waterproof pens, you can make your designs first and then dye the egg.

Another thing is the melted wax crayons. Shave old crayons into a cup of hot water. Dip the egg into the water. The crayon shavings will make multi-color op-art designs. For Easter eggs people or animals, you may draw a face on your egg and add a hat, hair, ears, made of paper. Set your egg on a collar made of ¾ of a doughnut-shaped piece of paper.

Filled eggs: You may fill the hollow egg shells with candy. To do this you enlarge one of the holes and insert the candy. Stuff with a piece of cotton. You may cover the hole with Scotch tape, or dip the end of the egg in melted parafin.

GLOSSARY

achuete — small red seeds which are soaked in water and used for coloring and flavoring.
alamang — small shrimps
ampalaya — bitter melon
apahap — sea bass
bagoong — a salty relish made from shrimp
banana blossom — purplish flower used as a vegetable
bangus — milkfish
baste —to moisten (as roasting meat) with liquid at intervals while cooking
bihon — white rice noodles
blanch — to scald or parboil food in boiling water or steam in order to remove or whiten the skin
buko — soft, young coconut meat
camote — sweet potato
caramelize — to change sugar into caramel by heating it to about 170-180°C.
Chinese petsay — pale green; sometimes called Chinese cabbage
chorizo — sausage, Spanish style
chorizo de Bilbao — sausage from Spain
dalagang bukid — golden caesio
dilis — anchovy
dredge — to coat food by sprinkling, as with flour or sugar
eggplant — long, thin purple-skinned vegetable
flake — to separate into thin layers
"French style" — to cut (beans) in fine strips, lengthwise, before cooking
gabi — taro, a root crop, with white meat, used as a vegetable
green mango — there is green mango in which the flesh is firm and white; and there is green mango in which the skin is still green but the flesh is yellow.
guayabano — soursop, a fruit used for juice
gulaman — agar-agar
hasahasa — mackerel
kaong — preserved fruit of a palm; firm, white-clear, nutty in taste
kasuy — cashew nut
kawali — round-bottomed pan
kesong puti — white carabao cheese
kinchay — Chinese celery
kalamansi — small limes; 3 squal 1 lemon

kinchay — Chinese celery
labahita — sturgeon
lapu-lapu — spotted grouper
lechon — roast pig
leek — looks like large green onion
lumpia wrapper — this dough used to wrap around filling of meat, fish or vegetables; the wrapper and filling are usually fried
malagkit — a type of rice glutinous when cooked
marinate — to season meat or fish by soaking in a brine, usually containing vinegar or wine, oil, spices, herbs
miso — paste made of fermented rice and soy beans
misua — fine, white wheat noodles
mongo— mung bean, a legume with small edible seeds, usually green or yellow, whose sprouts are often used in Chinese cookery
nangka — jackfruit
nata de coco — preserved coconut meat
nata de piña — preserved pineapple, but not a jam
paksiw — a way of cooking meat and fish with vinegar
pampano — maratini
pancit canton — yellow egg noodles
pata — pork leg
patis — salty fish sauce
petsay — green leafy vegetable, like cabbage
pili — a nut, soft in texture
sab-a — cooking banana
sago — tapioca
sayote — firm, pale green squash
siling labuyo — small, hot pepper
sitaw — long beans; native green beans
sotanghon — transparent, white noodles
stew — to boil slowly; to simmer
tahong — salt water mussel
tahure — salty, fermented soybean cake but softer than tokua
talakitok — banded cavalla
tanguigui — Spanish mackerel
togue — bean sprouts
tohu — unpressed bean curd
tokua — firm soybean curd sold in cakes
toyo — soy sauce
ube — purple yam
vetsin — monosodium glutamate

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OTHER BOOKS FROM NEW DAY PUBLISHERS

TO BE FREE, a novel by Edilberto K. Tiempo. A reviewer described it as "delightful reading" and "a panoramic definition of freedom in the national life and in the lifetime of one individual." The novel spans three generations from the end of the Spanish regime to the early days of the Republic. 350 pp., 1972; hardbound ₱14.00; paperback, ₱7.00.

CHRIST IN PHILIPPINE CONTEXT, by Douglas J. Elwood and Patricia Ling Magdamo. A textbook for college courses in theology and religious studies, it is also a useful guide for anyone who wants to understand the Gospel of Jesus Christ and its relevance for life today. 384 pp., 1971; ₱19.80.

PITFALLS IN PREACHING, by Norbert V. Becker. Since preaching is a major way of learning about the Word of God, nothing should hamper it. Preachers are warned about 15 pitfalls and are offered help in avoiding them. Approximately 96 pp., 1973, ₱8.00.

MISSIONARY AS FOREIGNER, by William Henry Scott. This New Day Booklet discusses the attitudes of missionaries toward the culture in which they are living and describes how missionaries in other centuries have met the problems — and opportunities. Mimeographed, 20 pp. 1972, ₱0.50.

DOCTOR TO THE BARRIOS, by Juan M. Flavier, M.D. Story after story describes the Filipino farmer: his industry, generosity, prejudices. It tells city folks why the farmer resists change and suggests how his cooperation can be enlisted in community development. 210 pp., 1970, hard bound ₱7.70; paperback, ₱5.40.

ACCULTURATION IN THE PHILIPPINES, Essays in Changing Societies, edited by Peter G. Gowing and William Henry Scott. The results of cross-cultural experience can be enriching or disastrous; these 17 essays will assist students, teachers, social workers, and others in understanding the process and benefitting from it. 260 pp., 1971; ₱15.00.

DEMOCRACY AMONG THE MOUNTAINEERS, by Pedro Bundok, with prints by Jaime Alipit Montero. Dialogues show the wisdom of pre-Spanish Filipino customs and indicate some conflicts with modern ways. 64 pp., 1973; ₱4.00.

VENDORS OF MANILA, a photographic essay. Text by Domini Torrevillas-Suarez; interviews by Juliano D. Raymundo; photographs by Exequiel de Jesus; design and layout by Ely Santiago. This New Day

Booklet gives a vivid description of the precarious existence of vendors, drivers, and others who work on the city's streets. 40 pp., 1972; ₱3.00.

CITIES ARE FOR LIVING, by Richard P. Poethig. This New Day Booklet gives a brief history of Manila, tells why migrants flock to it, explores the growth potential of other Philippine cities, and discusses the role of the Church in the life of the city. 40 pp., 1972; ₱2.00.

SOCIAL WORK PRACTICE, a Philippine Casebook, by Virginia Hebbert, Emma S. Paras, and Esther C. Viloria. This book helps students, teachers, social workers, and others learn how many Filipinos live — and how to help them find a better life. 338 pp., 1972; ₱7.00.

FAMILY COUNSELING IN THE EAST ASIA, by Samuel Southard. This book offers guidance to pastors, teachers, community leaders to whom distressed couples turn for help with their marital problems. 120 pp., 1969; ₱5.00.

MARIA FEEDS HER BABY, by K. Vernon Bailey, Ph.D., with Ida Lovino. The rural health doctor teaches Maria, Juan, and their barriomates the food babies need for body-building and protection from disease — and how to obtain them for little money. 32 pp., 1972; ₱2.00.

PHYSICAL ACTIVITIES FOR THE FILIPINA, by Janice A. Beran and Sofia A. Ravello. A textbook for courses in physical education high school and college, it is also a manual for sportswomen. 224 pp. 1972; ₱9.00.

THREE FOLK SONG BOOKLETS, edited by Eunice Blanchard Poethig, Jan Deats, and Jerry Dadap, and illustrated by Ely Santiago contain beautiful, meaningful songs by Filipino, American, and European composers. The lyrics, melody line, and guitar chords are given for each song. The books are:

O the Wonder. Wonder. Wonder. of it All — the biblical message from Creation Now. 120 pp., 1972; ₱6.00.

Let's Sing Christmas, sixteen Christmas Carols. 26 pp., 1972, ₱2.00.

Everybody, I Love You, 58 pp., 1971; ₱3.50.

THREE CHILDREN'S BOOKS, to be read to toddlers (or read by primary school children), each book, 16 pages, with illustrations in color:

My Friends, by Thelma Militar Zuniega, 1972, ₱1.60.

The Gift, by Rosario K. Raterta, 1972, ₱1.60.

The Haunted Cave, by Thelma Zuniega, 1972, ₱1.60.

A WORD ABOUT THE BOOK

Most recipe books give assurance that the recipes appearing in them have been thoroughly tried and tested. This little book is no exception—with the difference that all the recipes appearing here have been tried and tested, not by expert cooks in efficient, professional, well-equipped kitchens, but by harried housewives and busy professionals in ordinary, every-day kitchens equipped with the usual essentials. Representing the cooking of various nationalities and cultures, as well as several regions of the Philippines these recipes specify ingredients which are either locally produced or always available here. Some of the recipes are family "hand-me-downs" and some have been taken from other cookbooks, but each contributor has made every effort to include the little "secrets of success" or "short cuts," to make cooking procedures clearer, or to include substitutes whenever possible.

This collection is being published as a fund-raising project for Ellinwood Church and because we feel that there is still a need for a good "every-day" cookbook. It may not win any international culinary prize, but I do know that all the recipes appearing here have passed the test of the most discriminating and important of gourmets—the countless number of hungry husbands and children of all ages that have flocked to the tables of the S.S. Wrighters for the past twenty years.

JOY G. VIRATA